

# Welcome To *SwimAmerica*<sup>TM</sup> **Swim Team**

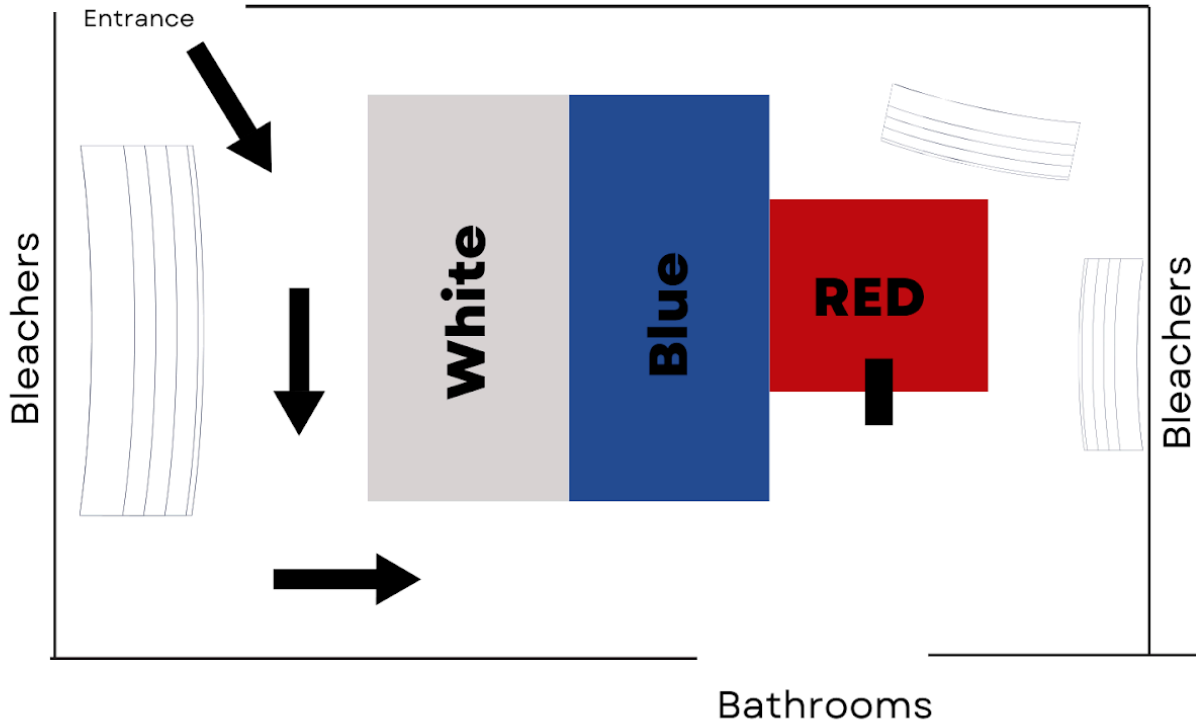
## SAST



## Why Choose **SAST?** Kid to Kid



# Pool Layout: Red -> White -> Blue



## Make-Ups

No advanced notice is needed for either absences or make-ups

## Schedule

### Monday:

6:45-7:30 (45 Minutes)

### Wednesday:

6:45-7:30 (45 Minutes)

### Friday:

6:00-6:45 (45 Minutes)

**Saturday:** Make-up anytime we offer SAST



# SAST Practice Groups

## Intro - Intermediate - Advanced

### RED



#### Diving Well

-Intro Level-  
Work On Endurance  
Freestyle, Backstroke, and  
Breaststroke Kick  
Diving

### WHITE



#### Shallow Lanes

-Intermediate-  
Longer Swimming  
Freestyle, Backstroke, and  
Breaststroke  
Starts and Turns

### BLUE



#### Deep Lanes

-Advanced-  
Stoke Fine Tuning  
Freestyle, Backstroke,  
Breaststroke, and Butterfly  
Competitive Swim Prep

All New Swimmers Evaluate at The Start of Practice In the **Diving Well** - **Red** Group

## Day 1 Eval



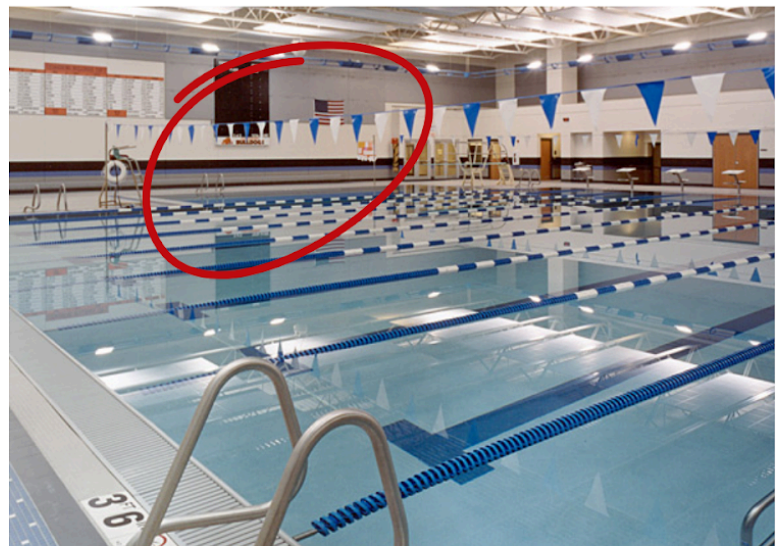
Start Swimming: Diving Well  
• Red Group



Evaluate Ability In First  
Lesson



Move To Best Level Fit  
• Red (Intro)  
• White (Intermediate)  
• Blue (Advanced)







## **RED Practice Group:**

### **Into Level**

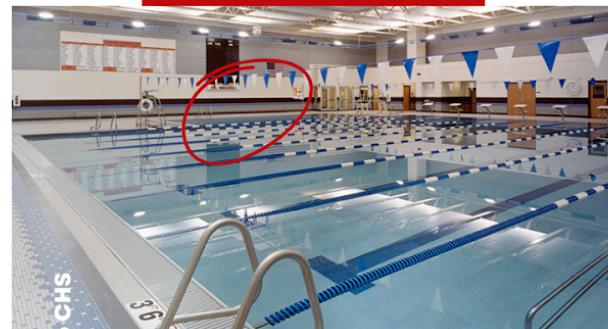
Lessons: Lv6 - Early 8

Diving Well Instruction (Shorter Length)

Learning: Freestyle, Backstroke, and  
Breaststroke

Diving Off Side of the Pool

Swim Meet: Freestyle and Back



## **WHITE Practice Group:**

### **Intermediate Level**

Lessons: Level 8 - Early 9

Mechanics Breast and Fly

Focus on Racing Starts

Starts of Racing Blocks

Adding Open Turns

Increase Endurance Training

Swim Meet: Freestyle, Back, Breaststroke







## BLUE Practice Group:

### Advanced Level

Lessons: Levels 9 and 10

Competitive Swim Team Prep

Mechanics of IM

Working on getting Speed in Pool

High Level of SAST Increased Endurance

Training

Swim Meet: All Four



## How To Move Up:

- Ask Your Coach
- Ask the Head Coach: Mr. Keller on Deck
- Email Steve Keller
  - Ozaukeeaquatics@gamil.com

## Check List:

### RED:

- ☐ Endurance (Longer Swim)
- ☐ Freestyle
- ☐ Backstroke
- ☐ Breast Stroke Kick

### WHITE:

- ☐ Open Turns
- ☐ Freestyle
- ☐ Backstroke
- ☐ Breast Stroke

### BLUE:

- ☐ Refining All Stokes
- ☐ More Swimming
- ☐ Endurance Training
- ☐ Diving off Blocks



# Orange Band

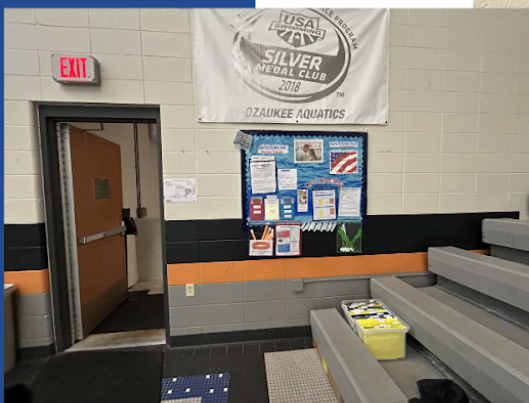
Need/ Want MORE Feedback?

Find the Orange Bans in the Information Board by white group/end of bleachers. Also bring the evaluation Slip, on that same board, to the Coach. This lets our coaching staff know you would like a follow-up - SAME DAY!



ONE OF OUR COACHES WILL PROVIDE  
FEEDBACK AFTER EVAL

## Information Board







SAST Meet Video

# SAST Swim Meet



Ribbons



Best Time



## Swim Meet Sign Up:

Go to the [www.swimamericaaz.com](http://www.swimamericaaz.com)

Scroll Down to **EVENTS**

There will be **TWO** buttons: **Attend** or **Decline**

You MUST **Click ATTEND** to Save your spot and participate in the swim meet

If you do **not** Pre Register Under **EVENTS** or Decline, You are welcome to be a cheerleader for your team in the Stands



## Volunteer Timers:

Where are the Best Seats in the House to watch a Swim Meet?

**Behind The Blocks!!**

If you want to help volunteer timing at the swim meet:  
You can sign up at the swim meet.

-No Experience Needed-