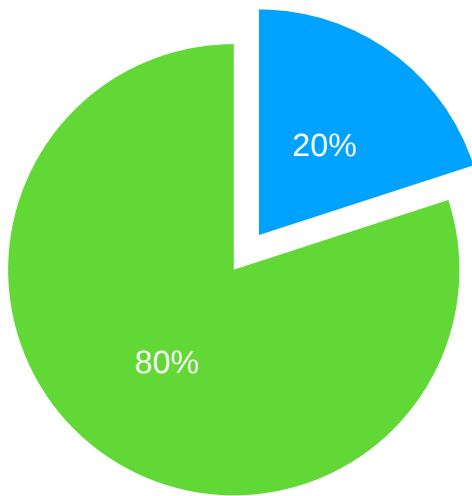


Comp Prep (1) Group

■ kick ■ fundamentals



Fundamentals

- Streamlines
- Flip turns
- Open turns
- Starts
- Legal techniques of all 4 strokes
- Body awareness
- Body stability
- Kicking techniques

Kicking

- Flutter kicking from hips
- Butterfly kicking using hips working both directions
- Breaststroke kick with legal feet position and knees in
- Drills teaching body stability by using legs not arms

Practice design

- Use of short repeat distances of 25's and sometimes 50's
- Large amounts of time spent explaining and directing proper body positions after each swim.
- Repetition of skill work is of high priority for adequate teaching of skills
- Weekly design that works all 4 strokes and starts/turns

Yardage volumes

- 400-700 yards per day

Advancement Eligibility from Pre Team to Comp Prep:

- Performs all strokes technically legal at appropriate lengths.
- Shows enjoyment in the sport.
- Meets FST's (5) standards for group advancement:
 1. Age ^[L]_[SEP] (6-10)
 2. Commitment ^[L]_[SEP]
 3. Ability (Times, Strokes, and Practice Performance)
 4. Maturity
 5. Coaches' discretion

