

Gray Group

Swimmers will continue to master the four competitive strokes, with heavy emphasis on stroke development. This group will have a gradual introduction to aerobic training . The largest emphasis in this group is stroke technique. Front Range Barracudas offers six practices a week for Gray group. Each practice is at least 90 minutes of water time and is taught by a professional swim coach. It is encouraged that swimmers in this group commit to consistently making at least 4 workouts per week. Participation in monthly USA sanctioned swim meets (most occurring in the Denver Metro area) is emphasized. Championship meets for this group include Jo's, Far Western's, and Zones.

Age- The age range for Gray group swimmers is 9-12 years old.

Minimum requirements- Gray group swimmers should be able to complete the following:

12 X 100 Free on the 1:40

8 X 100 IM on the 1:50

Group Size- Gray group ranges in size from 22-28 athletes per practice

Equipment: is used to promote proper technique in different areas and should be brought to practice daily. The following pieces of equipment are used or introduced in white group:

- Water bottle
- Fins
- Goggles
- Practice suit
- Snorkels
- Paddles
- Coaches will provide any other equipment used