



ADVANCED DEVELOPMENTAL

The Cuda Developmental team is where we grow our little Cuda's into full size swimmers! The emphasis of this group is to teach basic competitive swimming skills and focus on stroke development. Freestyle and backstroke are emphasized, and breaststroke and butterfly are introduced. This is a fun group that swims three times per week for 45 minutes at a time and is coached by a professional swim coach. Swimmers can choose to participate in USA Swimming meets, or ease into racing by competing in our monthly pizza meets.

Age: The age range for developmental group is 5-8 years old.

Minimum Requirements: Advanced Developmental group swimmers should be able to complete one 25 yard length without stopping, both on their stomach and on their back.

Group Size: Advanced Developmental groups range in size from 15-22 athletes per practice.

Equipment: At this introduction stage it is required that swimmers have the following

- Goggles
- Swimsuit appropriate for practice
- Fins
- All other equipment used will be coach provided

Move Up Requirements:

1. Complete a 50 Free and Back, a 25 in Fly and Breaststroke at a Pizza or USA Meet
2. Comfortable with flip turns and diving
3. Regular attendance
4. Takes initiative