



BLACK 1

Black 1 swimmers are knowledgeable of the four competitive strokes and have an intermediate grasp on aerobic training. Swimmers in this group range from athletes who are trying to prepare for the high school season to swimmers working to be placed in Black 2. Front Range Barracudas typically offers 6 practices per week for the Black 1 group. It is encouraged that swimmers in this group commit to consistently attend at least 4 workouts per week.

Practices: Typically about 6 pool practices per week.

Dryland: Two strength and conditioning workouts per week.

Meets: Participation in monthly USA-sanctioned swim meets is recommended.

Age: Black 1 swimmers must be in high school.

Minimum requirements: Black 1 Group swimmers should be able to warm up on a 1:30/100 freestyle base, and a 1:40/100 IM base.

Group Size: It is anticipated that there will be about 30-40 Black 1 Group swimmers.

Equipment:

- Water Bottle
- Kickboards
- Fins
- Snorkel
- Paddles
- Practice suit
- Coaches will provide any other equipment used