



## BLACK 2

This group is intended for those who have made swimming their top extra-curricular priority.

**Practices:** 8 total practices per week.

**Dryland:** Two strength and conditioning workouts per week.

**Meets:** Black 2 swimmers are asked to attend the meet scheduled prepared by the team.

**Age:** Black 2 swimmers must be in high school.

**Minimum requirements:** Black 2 Group swimmers should be able to warm up on a 1:20/100 freestyle base, and a 1:30/100 IM base.

**Equipment:**

- Water Bottle
- Kickboard
- Short Fins
- Snorkel
- Paddles
- Pull Buoy
- Tempo Trainer