



GRAY GROUP

Swimmers will continue to master the four competitive strokes with strong emphasis on stroke development. Although technique is paramount in the Gray Group, the training plan designs a strong aerobic training foundation. The Gray Group is offered about 6 practices per week with the expectation that swimmers attend at least 4 of these workouts weekly, with dedicated swimmers attending all 6 workouts.

Practices: Typically 6 practices per week.

Dryland: 4 x 20-minute dryland sessions per week.

Meets: Participation in monthly USA sanctioned swim meets is expected.

Age: Gray Group swimmers should be in 6th grade or older.

Group Size: The Gray Group is designed for about 30-35 swimmers.

Equipment:

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