



## MAROON

Swimmers in Maroon Group will continue to develop all four strokes, starts, turns, and fundamental skills. An introduction to aerobic training will take place as they familiarize themselves with a competitive swimming atmosphere. Swimmers in this group are expected to attend 3 practices per week and attend USA swimming sanctioned meets.

**Practices:** 5 practices per week, for 1 hour.

**Meets:** Participation in monthly USA sanctioned swim meets, most occurring in the Denver Metro area, is encouraged.

**Age:** The age range for Maroon group swimmers is about 9-12 years old.

**Minimum requirements:** Maroon group swimmers must be able to swim a 50 freestyle and backstroke, 25 breaststroke, and have a basic understanding of butterfly.

**Group Size:** The Maroon group ranges in size from 10-15 athletes per practice.

**Equipment:**

- Water bottle
- Kickboards
- Fins
- Snorkel
- Swim cap