

## CUDA White Group

Swimmers have begun to master the four competitive strokes and are introduced to aerobic training in order to build a solid foundation for swimming at the White Group level. The largest emphasis in this group is still stroke technique and mechanics and fun! Front Range Barracudas offers five practices a week for White Group. It is encouraged that swimmers in this group commit to consistently making at least four workouts per week.

**Practices** - 4 to 5 practices a week, for 1.5 hours.

**Meets** - Participation in monthly USA sanctioned swim meets (most occurring in the Denver Metro area) is encouraged.

**Age:** The age range for white group swimmers is 8-12 years old.

**Minimum requirements:** White group swimmers should be able to complete the following sets.

10 x 100 Free @ 1:50

8 x 100 IM @ 2:15

**Group Size:** White group ranges in size from 20-30 athletes per practice.

**Equipment:** is used to promote proper technique in different areas. The following pieces of equipment are used or introduced in White Group:

- Water bottle
- Kickboards
- Short Fins
- Snorkels
- Paddles (optional)