



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 Gray 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 attending at least four workouts per week.

Practices: Typically 5 practices per week.

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 typically 5th and 6th grade, roughly 10-11 years old with some developing swimmers in 7th and 8th grade.

Group Size: White group ranges in size from 25-35 swimmers per practice.

Equipment:

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

Move Up Requirements:

1. Level of commitment to practice attendance and competition expectations
2. Effort and behavior while at practice
3. Maturity level
4. Grade/Age
5. Independence and self-reliance