



The emphasis of the Black Jr.1 group will be on increasing aerobic capacity through increased kicking and swimming volume and intensity, continuing to enhance stroke mechanics and underwater kicking ability, and mastering concepts related to race strategies, proper nutrition, goal setting, and mental preparation. Skills will be taught with an emphasis on fun and teamwork in order to ensure that all athletes develop a long-term love for the sport. Swimmers will participate in a dry-land program to help develop core body strength, basic strength in the shoulders and legs, and overall body control and coordination.

PRACTICE GROUP REQUIREMENTS

- Attend a minimum of 4 practices per week
- Be full USA and YMCA Swimming Members
- Meet additional criteria noted below

SWIM MEET REQUIREMENTS

- Regular Meet Attendance at both YMCA and USA Swim Meets
- Be available for all Championship Meets

Benchmarks to enter Black Jr.1

To be considered for placement into the Black Jr.1 group swimmers must first be able to complete the goals of the White/Blue Jr.1 group. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 6x 50 Freestyle with flip-turns on 1:00 (SCY)
- 4x 100 IM on 2:15 (SCY)
- 6x 50 Choice Kick on 1:25 (SCY)
- Swimmers must have achieved an Iowa YMCA State Qualifying time standard and/or USA BB Time.

Swimmers should have (or should set a goal to have) a legal time in each of the following events: 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle during their first season in this group.

Equipment Needs (See Equipment Tab on website for more information)

Swimmers in the Black Jr.1 group should have the following equipment:

- Practice - Fins - Short & Long Fins, Snorkel, Paddles, Swim Cap (team), Suit (boys=brief, girls=open back)
- Swim Meets - Team Cap, Team Competition Suit, Technical suit for (designated swim meets)

Role Modeling Behavior

As a member of Black Jr.1 please remember that you are now a role model for younger/novice swimmers on the team that are working hard to become members of this group. Try to set a good example by doing the following:

- At Practice - Be on time for practices and be prepared to get into the water when instructed to. Have your equipment set neatly beside the lane that you are swimming in. Listen to the coach quietly for instruction on swimming sets and/or drills.
- At Swim Meets - Be courteous, polite, and respectful to other swimmers, coaches, officials and volunteers. Be confident. Be humble. Look for swimmers sitting by themselves at meets and try to talk to them. Encourage and cheer for younger/novice swimmers in their races. Strong team culture is an important part of MACR as a member of one of our elite level practice groups, you get to play an important role in helping further develop team culture by creating a respectful, inclusive and welcoming environment for all.