



This is a competitive training group aimed at developing advanced technical skills and a strong aerobic foundation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long term love for the sport. The training emphasis of this group is centered on continuing to develop strong technical skills in all four strokes, starts, turns and underwater work, as well as developing a strong aerobic base through gradually increasing the volume and intensity of both kicking and swimming work throughout the season.

PRACTICE GROUP REQUIREMENTS

- Attend a minimum of 3 practices per week
- Be an optional USA swimming and full YMCA Swimming Member.
- Meet additional criteria noted below

SWIM MEET REQUIREMENTS

- Regular Meet Attendance at YMCA Swim Meets. USA Swim Meets optional to attend.
- Be available for all Championship Meets

Benchmarks to enter Blue Jr. 1

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

- 5 x 50 Free with flip turns on 1:30 (SCY)
- 4 x 50 Choice Kick on 1:40 (SCY)
- 6 x 25 on :45 (SCY) – 2 Butterfly, 2 Backstroke, 2 Breaststroke

Swimmers moving up from the White Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 50 Freestyle, 50 Backstroke, 25 or 50 Butterfly, 25 or 50 Breaststroke, and 100 Individual Medley

Swimmers new to the team who are placed in the Blue Jr1 Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 50 Freestyle, 50 Backstroke, 25 or 50 Butterfly, 25 or 50 Breaststroke, and 100 Individual Medley

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

Swimmers in the Blue Junior 1 group should have the following equipment:

- Practice - Fins - Long Fins, Snorkel, Paddles, Swim Cap (team), Suit (boys=brief or jammer, girls=light drop back)
- Swim Meets - Team Cap, Team Competition Suit, Team T-Shirt

Goals of the Blue Jr.1 group

By the time swimmers move out of the Blue Jr.1 group they should be able to complete all of the following:

- Understand and demonstrate the YMCA's 4 core character values
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate a strong technical understanding of all four competitive strokes and turns
- Demonstrate a strong technical understanding of forward and backward racing starts
- Demonstrate a strong understanding of legal turns in all 4 competitive strokes and I.M.
- Demonstrate consistency in going at least 5 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate an ability to read the pace clock and understand basic intervals
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 50 freestyle, 50 backstroke, 25 or 50 breaststroke, 25 or 50 butterfly, 100 individual medley