



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 but recommended.
- Be available for all Championship Meets

#### Benchmarks to enter Blue Jr. 2

To be considered for placement into Blue Jr.2, swimmers must first be able to complete the goals of the Blue/Black Jr 1 Group. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 8 x 50 Free with flip turns on 1:20 (SCY)
- 6 x 50 Choice Kick on 1:30 (SCY)
- 4 x 100 IM's on 2:20 (SCY)

Swimmers moving up from the Blue/Black Jr.1 Group must have achieved a legal time in the following events in either a YMCA or USA Swimming competition – 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle

Swimmers new to the team who are placed in the Blue Jr.2 Group must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 100 Freestyle, 100 Backstroke, 50 or 100 Breaststroke, 50 Butterfly, 100 Individual Medley, 200 Freestyle– within 3 months of joining the program.

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

Swimmers in the Blue Junior 2 group should have the following equipment:

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

#### Goals of the Blue Jr.2 group

By the time swimmers move out of the Blue Jr.2 group they should be able to complete all of the following:

- Achieve an Iowa YMCA State Qualifying time standard in at least 2 different strokes
- Demonstrate a mastery of the track start and backstroke start
- Demonstrate consistency in going at least 7 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Achieve a legal time in the following events in either a YMCA or USA Swimming competition – 100 Freestyle, 100 Backstroke, 100 Breaststroke, 100 Butterfly, 200 Individual Medley.
- Demonstrate courteous behavior towards coaches and other swimmers
- Demonstrate consistent practice attendance (3 or more practices per week)