



This is an entry level developmental group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in all four competitive strokes, building a great kicking foundation, and learning the basics of strong racing skills.

**PRACTICE GROUP REQUIREMENTS**

- Attend a minimum of 2 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

Swimmers must be able to complete each of the following:

- Swim 25 yards of continuous freestyle demonstrating a basic concept of rotary breathing and good balance in the water
- Swim 25 yards of continuous backstroke demonstrating good balance in the water
- Have a basic understanding of the stroke patterns for breaststroke and Butterfly
- Perform 50 yards of strong flutter kick with or without a kick board
- Able to dive from the side in a sitting, kneeling or standing position.

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

Swimmers in the White 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 White group

By the time swimmers move out of the White 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