










COMPETITIVE PROGRAM GROUP GUIDELINES

		2022-2023 TYR Equipment List [order via the Team Store [tab] on website]						Practice Details		
	Groups	Fins	Junior Kickboard	Snorkel	Nose Clip	Pull Buoy	Paddles	Recommended # of Practices per Week	Dryland offered during practice	Approximate Practice duration (minutes)
13 & Over Groups	Blue							8	7 (shoes req'd)	120-180
	Yellow							6-7	7 (shoes req'd)	120-180
	Green							5-6	7 (shoes req'd)	120-180
	Gold							5-6	7 (shoes req'd)	120-180
12 & Under Groups	Super Dawgs							4-5	5 (shoes req'd)	90-180
	Mighty Dawgs							4	5 (shoes req'd)	90-120
	Wonder Dawgs							3-4	5 (shoes req'd)	75-90
	Mini Mutts							3	5 (NO shoes req'd)	60

