



Pre - Team

Our Pre-Team acts as a bridge between swim lessons and our Mini Team. Swimmers should be able to swim 25 yards of freestyle with rotary/side breathing and 25 yards backstroke unassisted. All Pre-Team swimmers have to register for USA Swimming and are eligible to swim in age and ability appropriate meets. The age range is 5-8 years old.

Swimmers older than 8 who are looking to join the competitive swim team and do not meet the above requirements would benefit from private lessons from one of our instructors.

Expectations

Pre-Team swimmers are expected to have the appropriate equipment for daily use:

- Kickboard
- Long Blade Fins
- At least 2 pair of goggles
- At least 2 swim suits
- At least 2 swim caps

The Pre-Team swimmers are expected to arrive on time and ready to swim. If your swimmer is late, it is expected that they find their coach and ask for instructions. Pre-Team members can expect to spend 1-2 years in this group.

Are we part of the club team?

Yes! Pre-Team members are part of the SSC family and are only “separate” in the context of swim meets and group requirements.

Do we need an evaluation every summer?

No. Once evaluated your swimmer will be placed and coaching staff will inform the head coach if there needs to be an adjustment.

My swimmer has multiple activities, can they attend a different practice if there is a conflict?

No. Your swimmer may only attend practices that are scheduled for their group.

What does a typical practice look like?

Each day at the start of practice we will spend a few minutes doing our dynamic stretches/warm up on deck. This is something the entire team has begun doing, which includes Pre-Team. The coach in charge of the group will lead these exercises and show the swimmers how to perform each one and do a certain amount of reps to prepare their bodies for swimming.

Once they enter the water and do a short warmup, the coach will begin running the practice. This will mostly focus on technique, as the swimmers in this age range have to learn the proper methods of moving through the water instead of being given excessive yardage.

Will we attend swim meets?

Yes! Pre-Team members will be encouraged to participate in SSC in-house meets. These will be hosted at SSC specifically for Pre-Team and Mini Team group members to gain experience in a competitive environment.

How does my swimmer move out of Pre-Team?

The decision to move swimmers from Pre-Team to Mini Team is made solely by the coaching staff. While we understand parents may have questions or concerns, we ask that you discuss these directly with the coach in charge of the group before sending any emails requesting changes.

At Suburban our goal is to help your swimmer enjoy the sport for the next 10 to 12 years. That includes having the ability to do other sports and school activities, avoid injuries that create lifetime problems and still have fun. Please note that group placements are final unless the coaching staff identifies a need for mid-season adjustments.

Am I expected to volunteer?

Yes. For these groups we highly recommend volunteering for swim meets. There are a number of jobs which will be listed in the events section on our website for each swim meet you will be attending.

What do we need for swim meets?

Swimmers will need to bring:

- Two towels to stay dry
- Sweats/Jacket/Layers to stay warm
- Two pair of goggles
- Small snacks (nuts, grains, protein), these are not always permitted by the venue but all home meets the swimmers can bring these items. Swimmers are required to clean up their area after they are finished.

Can I be on deck during a meet?

No. Parents are not allowed on deck during meets. If you need to speak to your swimmer you can meet them in the lobby of whatever facility we are in. Please be careful that when they leave the designated area the coaches will not search for them to make it to the next event.

Can I come on deck during practice?

No. Parents must stay in the stands at all times. If your swimmer is not old enough to be left alone on deck with their group, it may be better to explore our private lessons with a private instructor.

When should we ask about private lessons?

If your swimmer looks as if they are struggling to keep up with instructions, drills and overall falling behind, that is a good time to ask their coach about seeking lessons to supplement their group practice.

Mini Team

The fundamental skills for participation in this group begins with the knowledge and ability to execute the 4 competitive swimming strokes. An SSC Mini Team swimmer must have the ability to:

- Swim (continuously) 25 yards of freestyle with rotary/side breathing
- 25 yards of backstroke
- 25 yards of rudimentary butterfly
- 25 yards of rudimentary breaststroke
- 25 yards flutter/dolphin kick with a board

Some prior knowledge of diving off the blocks is required. The swimmer must have the ability to function and behave appropriately in a large group setting and follow directions from the coaching staff. The Mini Team focuses on mastering legal stroke mechanics, kicking, starts, finishes, and turns.

Mini team swimmers' equipment requirements:

- Kickboard
- Long Blade Fins
- At least 2 pair of goggles
- At least 2 swim suits
- At least 2 swim caps

Mini Team swimmers have to register for USA Swimming and are eligible to swim in age and ability appropriate meets. The age range is 6 -9 years old. Members of the Mini team can expect to spend 1-3 years in this group before moving up, pending coach input/recommendation.

Swimmers older than 9 who are looking to join the competitive swim team and do not meet the above Mini Team requirements would benefit from private lessons from one of our instructors to better prepare them for the technical requirements of this group.

Am I expected to volunteer?

Yes. For these groups we highly recommend volunteering for swim meets. This could be a number of jobs which will be listed in the events section on our website for each swim meet you will be attending.

Expectations

Each Mini Team swimmer is expected to be on time and ready to swim. When we begin our dryland exercises that is the beginning of practice and each swimmer is expected to have their caps/goggles on and ready to get in once we are finished with the dryland warmup. If your swimmer is late we expect them to arrive on deck and look for their coach to get instructions. As with every group within SSC, we expect each swimmer to be receptive to feedback and pay attention to the lifelong details that are being taught.

Are we part of the club team?

Yes! Mini Team members are part of the SSC family and are only “separate” in the context of swim meets and group requirements.

Do we need an evaluation every summer?

No. Once evaluated your swimmer will be placed and coaching staff will inform the head coach if there needs to be an adjustment.

My swimmer has multiple activities, can they attend a different practice if there is a conflict?

No. Your swimmer may only attend practices that are scheduled for their group

What does a typical practice look like?

Mini practice will begin with a few minutes of dryland exercises to warm their bodies up for swimming. The movements for Minis are about the same as Pre-Team but slightly more advanced. The coach in charge of the group, along with any assistant coaches, will lead the exercises.

Once in the water we do a quick warmup and then practice will be mostly technique work on all 4 strokes. This is to build well rounded swimmers and we do not focus on excessive yardage, but how to move efficiently through the water to the best of their abilities.

Will we attend swim meets?

Yes! Mini Team swimmers will be allowed to attend “developmental” meets that the LSC hosts, as well as SSC in-house Mini Meets.

What do we need for swim meets?

Swimmers will need to bring:

- Two towels to stay dry
- Sweats/Jacket/Layers to stay warm
- Two pair of goggles
- Small snacks (nuts, grains, protein)

Can I be on deck during a meet?

No. Parents are not allowed on deck during meets. If you need to speak to your swimmer you can meet them in the lobby of whatever facility we are in.

Can I come on deck during practice?

No. Parents must stay in the stands at all times. If your swimmer is not old enough to be left alone on deck with their group, it may be better to explore our private lessons with a private instructor.

When should we ask about private lessons?

If your swimmer looks as if they are struggling to keep up with instructions, drills and overall falling behind, that is a good time to ask their coach about seeking lessons to supplement their group practice.