

# TUNA Swim Club

## Skipjack Training Group

<b>Group Focus:</b>	The Skipjack Training Group consists of the club's advanced beginner level age group swimmers. This group is 80% instructional and 20% conditioning in the start of the season with a trend towards hard work as we approach mid-season and the end of the season. The focus of this group is general skill and technique development. Swimmers learn the importance of correct body and head position, basic drills for each stroke, a strong consistent kick for each stroke, a strong streamline as well improved basics of starts and turns for all the 4 competitive strokes. Coaches will instruct proper work habits and behavior along with practice, lane etiquette and clock reading.
<b>Practices Offered:</b>	Two practices a week for 60 minutes. Yardage range 1000-1600
<b>Equipment Needed:</b>	Practice suit (one piece for girls, no board, or baggy shorts for boys). water bottle, 2x Goggles, 2x cap, kickboard, pull buoy, snorkel, fins and mesh bag. Swimmers must bring equipment to each practice.
<b>Age requirements:</b>	This group consists of athletes 8-10 years old.
<b>Attendance/work ethic:</b>	There is no attendance requirement for this group. Improvement is based on attendance, listening, effort, focus and hard work. Coaches will be moving through the season with an end goal of time drops, improvements, stroke developments and preparing swimmers to successfully promote to the Blackfin level. Swimmers may take one to three years to work to the level needed to promote to Blackfin. Once they age out of the group and are not ready for the next level, they may be encouraged to attend local lessons before returning.
<b>Competition requirement:</b>	Meets are not required but highly encouraged. It is recommended that swimmers compete in all meets hosted by TUNA. Additionally, we encourage the kids to take advantage of the NOVICE meets geared for the newer and inexperienced swimmer.
<b>Important Reminders:</b>	<p><b>Please be aware of the following items.</b></p> <ul style="list-style-type: none"><li>• TUNA always focuses on the athletes' long-term development.</li><li>• There are guidelines used in the structuring of all of our swim groups. All group testing and advancement is done at the coach's discretion and is only done with the Head Coach's approval.</li><li>• Short Course yards are used for the basis of promotion criteria. LCM will be converted.</li><li>• Test sets will be conducted early and late in each season/session to measure individual improvement and to serve as a baseline for group performance.</li><li>• Moves occur before a season starts.</li><li>• Swimmers may be assigned this training level one to three years or just a couple of seasons.</li></ul>
<b>Performance Requirement:</b>	<p><i>Most swimmers will be in this training level for two years. For promote to the Blackfin Training Group swimmers must have the ability to do the following:</i></p> <ol style="list-style-type: none"><li>1. Regularly attend all practices offered to the Mackerel Training Level</li><li>2. Complete 25 yards of each of the 4 competitive strokes and be legal in 3 of the 4 strokes.</li><li>3. Know how to dive and perform steam line off each dive and wall</li><li>3. T-10 450 yards. This means swim 18 lengths in 10 minutes no-stop.</li><li>4. 10 x 50 FR 1:15 Holding: 60</li><li>5. Swim a 100 IM non-stop and in correct order.</li><li>6. Must be comfortable in the deep end of a pool</li><li>7. Use of flip turns, legal open turns and streamlines at practice and in meets.</li><li>8. Maturity to stay focused for 60 minutes.</li></ol>