

Mini Silver (Scroll down for Mini Gold)

Focus:

Competitive Preparation and Joy of Participation

Requirements:

Swimmers must be 5 – 9 years of age
25 yards streamline kick @ back
50 yards Butterfly
50 yards Breaststroke
75 yards Freestyle
75 yards Backstroke
100 yard IM
100 yards kick with board

Goals:

To learn:

Proper lane etiquette
Better technique in all four competitive strokes
How to read a pace clock
Starts and streamlines in all four competitive strokes
Freestyle and Backstroke flip turns
Breaststroke and Butterfly open turns
Individual Medley Transitions
Understanding swim sets and completing properly
Proper breath placement
Proper body position

To attend:

3 Swim Meets
1 Championship Meet
60% practice attendance

To compete in the following events at meets:

100 Freestyle
100 IM
50 Butterfly
50 Backstroke
50 Breaststroke
50 Freestyle

To complete the following sets:

10 x 25 @ 1:00 Freestyle
10 x 25 @ 1:00 Backstroke
10 x 25 @ 1:00 Butterfly
10 x 25 @ 1:00 Breaststroke
6 x 50 Kick @ 1:15
4 x 50 @ 1:30 Freestyle
4 x 50 @ 1:30 Backstroke
3 x 50 @ 1:45 Breaststroke
3 x 50 @ 1:45 Butterfly
3 x 100 @ 3:00 Freestyle
3 x 100 @ 3:00 Backstroke
2 x 100 @ 2:30 IM
2 x 100 @ 3:00 Breaststroke
2 x 100 @ 3:00 Butterfly
1 x 200 freestyle
1 x 200 IM

Mini Gold

Focus:

Basic Skill Development and Joy of Participation

Requirements:

Swimmers must be 7 – 10 years of age
Swimmers must complete 80% of Junior Gold Placements Sets
Swim continuous legal 100 yards of all strokes
Swim continuous legal 200 yards of freestyle and backstroke
Swim continuous legal 200 yard IM

Goals:

Continued learning in the following areas:

Proper lane etiquette
Legal swim technique in all four competitive strokes
Beginner intervals, use of the pace clock
Understanding swim sets and completing properly
Proper breath placement and breathing patterns
Proper body positioning

To refine:

Stroke technique in all four of the competitive strokes.
Starts, turns, and finishes in each of the four competitive strokes
Streamlines in all four competitive strokes
Kicking in all four competitive stroke

To attend:

3 Swim Meets
1 Championship Meet
60 % Practice Attendance

To compete in the following events:

200 Freestyle
200 IM
100 Freestyle
100 IM
50 Butterfly
50 Backstroke
50 Breaststroke
50 Freestyle

To complete the following sets:

10 x 25 @ 45 Freestyle
10 x 25 @ 45 Backstroke
10 x 25 @ 50 Butterfly
10 x 25 @ 50 Breaststroke
7 x 50 @ Kick 1:10
6 x 50 @ 1:15 Freestyle
6 x 50 @ 1:15 Backstroke
4 x 50 @ 1:30 Breaststroke
4 x 50 @ 1:30 Butterfly
5 x 100 @ 2:00 Freestyle
4 x 100 @ 2:15 Backstroke
3 x 100 @ 2:15 IM
2 x 100 @ 2:30 Breaststroke
2 x 100 @ 2:30 Rest Butterfly
2 x 200 @ 4:00 Freestyle
2 x 200 @ 5:00 IM