

Goldfish

Description: This group is an introduction to competitive swimming. This group focuses on learning to become more efficient in the water, breaking skills down of four strokes, learning through team camaraderie, having fun and establishing a love of swimming.

I. *Pre-requisites-*

- a. Swimmer is able to complete one length Freestyle with rhythmic Breathing.
- b. Swimmer is able to complete one length legal Backstroke
- c. Swimmer is able to float on Stomach and Back
- d. Swimmer is able to kick with a kick board one length of pool

II. *Goals* – the goals of the Goldfish group to master *before* moving on to Junior Group:

- a. Complete 100 freestyle, backstroke, and breaststroke legally
- b. Complete 25 yds legal butterfly/dolphin kick
- c. Complete LEGAL 100 IM consistently
- d. Consistent demonstration of Streamline and Rhythmic Breathing
- e. Complete freestyle and backstroke flip turns consistently and legally
- f. Know and understand the rules and etiquette of swimming in a lane and practice:
 - i. i.e. circle swimming, reading the pace clock, leaving five seconds apart, listening to coach, being friendly and respectful to others
- g. Complete 10 x 50's freestyle on 1:30
- h. Complete 5x100's freestyle on 3:00
- i. Successfully master a racing start from the blocks

**** Movement from the Goldfish Group to the Junior Group is ultimately at the Coach's discretion.**

III. *Meet Attendance-*

- a. All Goldfish Swimmers are required to swim at the Newburgh Sharks home meets. All other travel meets are at the Parent's discretion.