

Junior Group

Description: This group is a competitive group that focuses on continued learning and mastering the advanced skills of all four competitive strokes, starts, and turns. This group will be taught with an emphasis on having fun and enjoying the sport of swimming while also being introduced to basic training practices and routines.

I. *Pre-requisites-*

- a. Swimmer must have met the Goals of the Goldfish Group

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

- a. Demonstrate fundamentals of competitive swimming (streamline, breathing patterns, flip turns, etc).
 - b. Must be able to complete Starts and Turns in all four strokes legally
 - c. Underwater streamline dolphin kick for 10 yards
 - d. Demonstrate the ability to push off streamline consistently
 - e. 10x 50's streamline kick 1:10
 - f. 10x100's freestyle @ 1:45
 - g. 500 freestyle under 9:00
 - h. Complete **legal** 200 IM
 - i. Understand how a pace clock works and be able to complete intervals
 - j. Must have achieved One Silver Championship Time Cut
- ** The ultimate decision regarding moving from Junior group is left at the Coach's discretion.

III. *Meet Attendance-*

- a. All Junior Swimmers are required to swim at the Newburgh Sharks home meets.
Swimmers are encouraged to attend any away meets the coaching staff recommends.