

## **Navy Division: 10Unders**

Navy Division is our 10unders. They are broken into 3 levels: Navy 1, Navy 2, and Navy 3. Our 10unders focus on Development based training; meaning at each level, all strokes are worked on and technique is enforced. Training varies by level but all levels focus on the objective of Smart Swimming.

### **Navy 1:**

#### Entrance Requirements

- Age—10 years and younger
- Legally complete all four strokes
- Able to do the following: Dive/Start from block; flip turn; legal finishes
- Tight Streamlines
- Dolphin Kick off walls for Fly/Back/Free
- Learn breathing patterns in Fly/Free
- Compete in meets (under coaches approval)
- Listen and be attentive to coaches
- Practice attendance requirements: 3x per week (65%-80% per month)

#### Practice Focus

- Drop and Push with 4 Underwater Dolphin Kicks
- Begin to Read the Clock
- Understand Legal Swimming
- Understand Legal Turns
- Introduction to sculling/feeling water
- Introduction to Drill Progressions
- Focus on Head Position, Body Line, Foot Speed/DPS
- Introduction to breathing patterns (every 3 for free, every other for fly)

## **Navy 2:**

### Group Expectations

- Age—10 years and younger
- Multiple 10&U USA Swimming B Times or 1 10&U USA Swimming BB Time
- Complete 6x100 Free @ 2:30
- Complete 4x100 IM @ 2:45
- Tight Streamlines
- 4 Dolphin Kicks off walls for Fly/Back; 1-2 Dolphin Kick off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Compete regularly in meets
- Listen and be attentive to coaches
- Practice attendance requirements: 3-4x per week (75%-85% per month)

### Practice Focus

- Drop and Push with 4 Underwater Dolphin Kicks
- Read the Clock (Basic Intervals)
- Understand Legal Swimming
- Can perform legal turns consistently
- Can perform breathing patterns in practices
- Knows Drill Progressions

## **Navy 3:**

### Group Expectations

- Age—10 years and younger
- Multiple 10&U USA Swimming BB Times
- Training for Junior Olympics and Far Westerns
- Complete 6 x 100 Free @ 2:00
- Complete 4 x 100 IM @ 2:15
- Tight Streamlines
- 4 Dolphin Kicks off walls for Fly/Back; 4 Dolphin Kick off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Attends Championship Meet for season
- Show leadership skills; listen and be attentive to coaches
- Practice attendance requirements: 4x per week (90% per month)

### Practice Focus

- Understands Drill Progressions for each stroke
- Can apply breathing patterns during practice/races
- Can perform 5 underwater dolphin kicks off wall during practices and sets
- Understands stroke counts for all 4 strokes
- Can perform legal 200 IM including turns Can perform relay exchanges
- Can calculate times by reading the clock