

Novice Group (Nov):

Swimming practices not only is a process to learn the stroke techniques, but also provide a way to proactively thinking, understanding and raise the ability of the imagination in terms of competitive swimming. In the practice, one of the training focuses for this group is to instill the foundation of the stroke techniques. Through this process, it will allow a swimmer to adapt to the correct strokes easier and faster. During the practice, the focus is more about having the correctness of the strokes, rather than the practice yardages. In the meantime, the practice will also employ methods to enhance swimmer's buoyancy, flexibility/agile response, explosiveness, body coordination, and the in-water fluidity. Therefore, we will establish the correct, and standard techniques.

Goals for the Novice Group:

- Swimmer is motivated to listen to coaches and try to improve
- Courteous to other swimmers in pool
- Good techniques for 4 strokes
- 200 IM swim legally
- kicks with set time limit
- Have learned and can do push offs, various starts, all turns efficiently
- Acquired initial pacing and final spirit techniques
- Have the confidence and ability to attend the PNS swim meet with desired outcome (time)

