

### **Regional Group (Regional):**

Continue the practice guidelines from the Age Group. In addition, the practice will establish advanced, complete good stroke techniques. Gradually fit the practices into an individualized practice model. Continue to improve breath-holding technique, while emphasize more breathing rhythm and cycle in swimming. Stroke practices are highly repetitive. Therefore, ensuring having correct strokes from beginning will benefit swimmers enormously. Understand and learn the “force” and the “counter-force” principle in the water with the strokes and utilize the various ways for body forward movement. Demonstrate the advance methods of arm acceleration and the force for accelerated body movement in the water. Focus on swimmer’s understanding of these advanced swimming methods through teaching and practice and in turn raise the levels of a swimmer in the group.

#### Goals for the Regional Group:

- Minimum attendance is required and up to coach's discretion
- Understand and enhance buoyancy, flexibility/agile response, explosiveness, body coordination, and the water fluidity
- Attend each meet PDST participates
- Racing history in every event available
- Improve fluidity in turns and push-offs and increase the proficiency
- Start to use underwater kicking techniques
- Improve dive entry into water techniques
- Improve pacing and spirting techniques
- Increased endurance in distance swim
- Begin learning how to manage effort and intensity through practice
- Learn and improve goal setting skills

