



## Pre-Team

The Pre-Team is designed for swimmers who have completed swim lessons, or who have equivalent skills, and are eager to continue improving their skills in a fun, team-based environment - but aren't quite ready for full competitive training.

| OVERVIEW            |   |  |   |
|---------------------|---|--|---|
|                     | Pre-Team  |  |   |
| OVERVIEW            | Swimmers focus on building a foundation for freestyle and backstroke as they prepare to join a year-round competitive team. |  |   |
| AGES                | 14 & Under  |  |   |
| TRAINING HOURS      | 45 mins.  |  |   |
| TRAINING DAYS       | 2 days  |  |   |
| ATHLETE DEVELOPMENT |   |  |   |
| FOCUS AREAS         | Building confidence in the water through endurance  | Improving stroke technique   | Prepares swimmers to join a year-round team     |
|                     | Freestyle and Backstroke training   | Understand basic turns, streamlining, finishing to the wall correctly, and diving skills | Understand swim practice structure and teamwork |
| PATH TO PROGRESS    |   |  |   |
| TRAINING ATTENDANCE | Athletes are encouraged to attend as many offered practices.  |  |   |



## Pre-Team Specifics

### Entry Requirements

Successful completion of Steel City Aquatics Swim School (or program equivalency)

OR Coach Evaluation

### Participant Requirements

Swimmers must demonstrate basic freestyle and backstroke

Comfortable in deep water and can swim 25 yards independently

Eager to learn and love the water

### Upon completion of Pre-Team:

Swimmers will be able to join the **Novice Division** on the **Competitive Team**

Compete in their first **in-house or developmental swim meet**

A smooth, confident transition into competitive swimming



## PRE-TEAM ADVANCEMENT

Advancement from Pre-Team to the Competitive Team is coach-recommended and based on demonstrated readiness in technique, endurance, and group training behavior in a structured training environment. Training group placement is **evaluated continuously** throughout the season. Advancement may occur at scheduled checkpoints (mid-season, end-of-season) or organically when a swimmer demonstrates readiness.

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Coaches assess swimmer readiness and development based on a **combination of factors**, including but not limited to:

- Consistent legal technique in freestyle and backstroke
- Ability to complete 100 yards of Freestyle and 100 yards of Backstroke with proper form
- Strong understanding of basic swim terminology and lane etiquette
- Comfort with structured practice and coach-led instruction
- Demonstrated endurance and focus during full-length practices
- Ability to perform basic starts, streamlines, and turns
- Positive attitude, listening skills, and good group behavior

Advancement is not based on completing the above factors — it is a comprehensive decision based on the swimmer's progress, mindset, and readiness to take on new challenges.