

Blue Group

Prerequisites

- Swimmers must demonstrate White Group level skills

Overview

Blue Group is a competitive level of swimming. This group will concentrate on building endurance and shall be introduced to more complex workout sets. They will also be introduced to simple dry land exercises. In addition to stroke drills, swimmers will receive information on good nutrition for athletes. Swimmers that enter this level without going through the developmental groups must have the endurance to swim 500 yards of freestyle, 200yds of backstroke and demonstrate legal breaststroke and butterfly.

Skill Development

- Build endurance to perform 500 freestyle & 200 IM
- Be able to follow coaches instructions for written or verbal sets
- Demonstrate legal breaststroke, turns and pullouts
- Demonstrate legal butterfly and turns
- Demonstrate legal backstroke and turns
- Make Regional championship cuts
- Demonstrate a respectful discipline at practice and meets

Progression

After successfully demonstrating Blue level skills swimmers move on to the Yellow group.