

White Group

Prerequisites

- Swimmers must demonstrate Orange Group level skills
- Ages 4 – 18 years

Overview

Swimmers entering the White Group have already been introduced to fundamentals of the 4 competitive strokes; butterfly, backstroke, breaststroke, and freestyle. Swimmers will be introduced to time trials, swim drills, starts and turns for all strokes.

Skill Development

- Build endurance to perform 100 freestyle
- 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
- Introduction to the Individual Medley (IM)
- Work toward making Regional Championship cut times
- Demonstrate a respectful discipline at practice and meets

Progression

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