

JCC Sharks Year-Round Swim Team

BLACK SHARKS

INTERMEDIATE SKILLS

BASIC GOALS

- Race techniques of all 4 strokes
- Starts/diving with diving blocks
- Pace clock and intervals to start sets
- Conditioning and speed
- Advanced drills
- Learn Individual Medley
- Time Trials

Age: Typically 8-11 years old depending on ability level

- Prerequisites: swim 50 of all 4 strokes, 100 IM, move up from red Sharks or at least 2 years swim team experience, or coach evaluation.
- Daily Training: 1 hour 3x per week
- Equipment: Kickboards, pull buoys, fins, goggles, swim cap, water bottle
- Sportsmanship: Respect for coaches and teammates, training ethic and attitude

EDUCATIONAL GOALS

- Race techniques
- Teamwork
- Competitive swimming preparation



Fall Program Dates: Sept 19 - Dec 7 | 4:30 - 5:15 PM
No practice: 9/26, 10/5, 11/23