

JCC Sharks Year-Round Swim Team

RED SHARKS

BEGINNER SKILLS

BASIC GOALS

- Learn technique of all 4 strokes
- Starts/diving
- Flip turns
- Learn to use pace clock and intervals
- Endurance
- Swim drills

- **Age:** Typically 6-9 years old depending on ability level
- **Prerequisites:** Know basics of all 4 strokes, swim 50 of all backstrokes and freestyle, 25 breaststroke and butterfly, been on swim team before, or coach evaluation.
- **Daily Training:** 45 mins 2x per week
- **Equipment:** Kickboards, pull buoys, goggles, swim cap, water bottle
- **Sportsmanship:** Respect for coaches and teammates, training ethic and attitude

EDUCATIONAL GOALS

- Knowledge of stroke technique/DQ's
- Lane sharing
- Teamwork



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