

JCC Sharks Year-Round Swim Team

SILVER SHARKS

NEW TO SWIM
TEAM/SWIM
TEAM PREP

BASIC GOALS

- Learn foundation of all 4 strokes
- Using diving block
- Learn correct body positioning
- Breathing techniques
- Streamlining
- Kicking technique
- Introduction to drills and equipment

- **Age:** Typically 5-8 years old depending on ability level
- **Prerequisites:** Swim 25 yd freestyle, breast stroke and backstroke, pass level 5 swim lessons 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, learn to share a lane, training ethic and attitude

EDUCATIONAL GOALS

- Transition from swimming for fun to swimming for sport
- Lane sharing
- Teamwork
- Workout behavior



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