

Red Group

1. Be able to swim 200 Freestyle and 200 Backstroke without stopping
2. Streamline flutter kick for 100 yards on Front, Side, and Back
3. Legally swim 50 yards of Dolphin kick and Breaststroke kick
4. Working on mastering 25 yards of Butterfly and Breaststroke
5. Knows Backstroke count from flags to wall.
6. Working on Freestyle and Backstroke flip turn
7. Working on diving from the block
8. Should know the following stroke drills:

Freestyle

- Kick on side
- 12 Beat & 6 Beat kick switch on side
- Thumb drag/finger tip drag
- Board drill
- Catch-up
- Tarzan

Backstroke

- Shoulder roll with 6 or 12 kicks
- Shoulder roll adding arm with 6 or 12 kicks
- Quarter raisers
- Wig Wag
- 1 arm
- Goggle on forehead

Breaststroke

- Breaststroke kick with arms at the side
- Breaststroke kick on back
- Small breaststroke arms with flutter kick
- Crossover

Butterfly

- Dolphin kick with arms at the side
- Flick drill
- T position
- Arms stop out in front

White 3

1. Be able to swim 300 Freestyle and 300 Backstroke without stopping
2. Be able to legally swim a 50 Breaststroke
3. Be able to legally swim a 25 Fly
4. Streamline flutter kick 100 yards for each Front, Side, and Back
5. Streamline kick 100 yards of Dolphin and Breaststroke kick
6. Have a proper racing start from the block
7. Mastered Freestyle and Backstroke flip turn
8. Correctly performs Butterfly and Breaststroke touch turn
9. Working on Breaststroke under water pull
10. Knows Backstroke count for flip turn and finish
11. Correctly performs and understands the reason for the following stroke drills

Freestyle

- 12 Beat & 6 Beat kick switch on side
- Thumb drag/finger tip drag
- Catch-up
- Board drill
- Tarzan
- Closed fist

Backstroke

- Shoulder roll with 6 or 12 kicks
- Shoulder roll adding arm with 6 or 12 kicks
- Quarter raisers
- Pinkie drill
- 1 arm
- Goggle on forehead drill

Breaststroke

- Breaststroke kick with arms at side
- Breaststroke kick while on your back
- Small breaststroke arms with flutter kick
- Crossover drill with flutter kick
- Glide 3 sec in streamline position after 1 complete stroke
- 3 kicks/2complete strokes

Butterfly

- Dolphin kick on back
- 4 kicks on front, side, back, side
- Flick drill
- T position
- Bring arms around, stop in front and reach
- 3 left arm, 3 right arm, 3 together
- 3 hard strokes easy freestyle rest of 25

White 2

1. In practice can swim a 500 Free and 500 Back without stopping
2. Pace clock is introduced and are starting to understand how to use it in sets
3. Able to finish a set of 10 x 50 Free on 1:15
4. Able to finish a set of 6 x 100 Free on 2:30
5. Complete multiple sets in 1 workout
6. Working on streamlining farther off of starts and turns
7. Does not breath out of starts and turns
8. Can legally swim the follow distances in USS meets

- 100 Free
- 100 Backstroke
- 50 Fly
- 50 Breaststroke
- 100 IM

9. Long distance goals for USS meets

- 200 & 500 Free
- 200 Back
- 200 IM
- 100 Fly
- 100 Breast

10. Working on the following stroke technique:

Freestyle

- Know all the Free drills
- Not breathing into or out of flip turns
- Working on bi-lateral breathing
- Long, fast arms with an S pull finishing at thigh
- Strong 6 beat kick

Backstroke

- Know all Backstroke drills
- Doing the dolphin kick off of starts and turns
- Has good shoulder roll and S pull
- Strong 6 beat kick

Breaststroke

- Knows all Breaststroke drills with flutter or dolphin kick
- Small arm pulls
- Arms stop out in streamline position
- Mastered underwater pull off of starts and turns

Butterfly

- Know all Butterfly drills
- Long, reaching arms
- Breathing every other stroke
- Strong 2 beat kick

White 1

1. Attends practice on average 3 nights a week from 6:30-8:15
2. Able to do a 1000 yard warm-up
3. Increase streamline off of starts and turns
 - All starts come up past flags
 - Turns goal is to make it to the flags
4. Does not breath off of starts
5. Does not breath into or out of turns
6. Pace work is included in all sets and swimmer knows what time set was done on
7. Can do 10 x 50 Free on 1:00 min
8. Can do 10 x 100 Free on 2:00 min
9. Understands meaning behind broken sets
11. Can legally swim a 200 of each stroke plus a 200 IM in a USS meet
12. 500 free time is under 8:00 min
13. Long distance goals for USS meets:
 - 1000/1650 Free
 - 400 IM
 - 200 Fly
14. Technique work gets more defined

Freestyle

- Breaths less on 50 Free 4 down, 5 back
- On distances of 100 or more, breaths every 5th stroke
- Good head position, hands enter shoulder width apart, and pull is down center of body

Backstroke

- Increase arm speed without losing good arm technique
- Head stays still with good shoulder roll
- Strong 6 beat kick for 100 yards or longer

Breaststroke

- Increase arm speed, but still includes glide in streamline after each stroke
- Increase pull strength by squeezing chest and elbows together
- Working on extending reach at end of pull and getting head to go slightly under water
- Getting hips up during kick and finishing kick near the surface

Butterfly

- Increase arm speed
- Arms constantly moving
- Breathing every 3rd stroke for a 50 and every other on 100
- Good strong 2 beat kick for 100 yards
- Fast, low turns

Junior Blue

1. Attends practice on average 4 nights a week from 6:30-8:30
2. Able to do a 1200 yard warm-up
3. Increase streamline off start and turns
 - All starts coming up after the flags
 - Turns coming up at or after the flags
4. Does not breath into or out of turns
5. Understands concept of pace work for different type of sets
6. Learning how to hold times for different distances while doing broken sets
7. Can do 10 x 50 Free on 50 sec
8. Can do 10 x 100 Free on 1:45
9. 500 Free time is under 7:00 min
10. In USS meets participates in both sprint and distance events
11. Technique work getting more define

Freestyle

- Breaths less on 50 Free 4 down, 5 back
- On distances of 100 or more, breaths every 5th stroke
- Good head position, hands enter shoulder width apart, and pull is down center of body

Backstroke

- Increase arm speed without losing good arm technique
- Head stays still with good shoulder roll
- Strong 6 beat kick for 100 yards or longer

Breaststroke

- Increase arm speed, but still includes glide in streamline after each stroke
- Increase pull strength by squeezing chest and elbows together
- Working on extending reach at end of pull and getting head to go slightly under water
- Getting hips up during kick and finishing kick near the surface

Butterfly

- Increase arm speed
- Arms constantly moving
- Breathing every 3rd stroke for a 50 and every other on 100
- Good strong 2 beat kick for 100 yards
- Fast, low turns