ALL Groups – Placement of swimmers in a particular group is at the Coaches discretion

**BEGINNERS GROUP**

**Qualifying Performance Standard:**

Legally completesf:

* 50 yd. Free
* 50 yd Backstroke
* Potential work towards 25 yd Breaststroke & 25 yd. Butterfly stroke, 100 IM.

**Practice** **Attendance Expectation:**

2-3 times per week. 45--60 minutes

**Daily Expectations:**

Body Position and Kicking development in all strokes; Streamlining, Starts, Turns, Finishes;