

Stealth Swim Team

Ages 6-18

Equipment Provided:

Kickboards, Pull Bouys, Fins, various sizes of Noodles.

Swimmer must purchase team bathing suit, cap and goggles.



Beginner Level:

Must be able to swim one length of Pool (25 yards).

- Warm up consists of dryland exercises, including light exercises, aerobics and stretches.
About 15 min.
- Will be taught Strokes: Free Style, Back Stroke, Breast Stroke, and Butterfly.
- Will be taught how to do a relay, individual medley and Medley Relay.
- Will be taught about teamwork, as well as competing against ones- self.
- Will be taught how to read and use a pace clock
- Will be taught how to do the starts and turns for each stroke.
- Will be taught about Streamlining, Rotary breathing Flutter Kick, Dolphin kick, Breast Stroke Kick, Different Drills to improve stroke technique and speed.
- Will be taught how to read workouts and be able to swim 1000 yards each practice day.
- Will move up to the advanced level when they can swim 200 yards of at least 3 strokes and have learned the information taught in the beginner level.
- Swimmer is expected to enter All (B) Meets and various (A) Meets (based on skill progression) and Swim in the City Meet.

Advanced Level:

Must be able to swim at least 200 yards of Free Style, Back Stroke, Breast Stroke, and 50 yards of Butterfly Strokes. Swimmer to be able to complete a 200 yard individual Medley.

- Dryland work consists of exercises, light aerobics and stretches.
- Will be expected to do drills to improve Times, Streamline Strokes, Technique and Endurance
- Will be expected to read a workout and know the Terminology, Sprint, Swim at Race Pace, High Elbow, etc...
- Will be expected to perfect Starts and Turns.
- Will be taught about DQ's and Rules for Swim Meets.
- Will be expected to Swim at least 2500 yards at each practice.
- Will be expected to enter ALL (A) Meets and if needed for time, swimmers will enter various (B) Meets.

The Columbia City Swim League Meet is the last meet of the season. Approximately 50% of the meets are hosted at the Aquatics Center for the **Stealth Swim Team**.

June – July

Tuesday, Wednesday & Friday 7:00 – 8:30 am

Season: \$60 – (\$48) Government

Will Reschedule due to inclement weather ~ No Refunds