



# GROUP REQUIREMENTS

2023-2024

## NOVICE

AGES 5 - 18

### REQUIREMENTS

- Swim 25 yards of freestyle
- Swim 25 yards of backstroke

### PRACTICES

- 2, 1-hour group practices per week
- 1, 1-hour team practice per week

## AGE-GROUP

AGES 5 - 18

### REQUIREMENTS

- Be legal in 3 of 4 strokes
- Dive from the starting block
- Flip turns
- Rhythmic breath
- Time of 1:00.00 or better in the 50-yard freestyle

### PRACTICES

- 2, 1.25-hour group practices per week
- 1, 1-hour team practice per week

## SENIOR

AGES 8 - 18

### PREREQUISITES

- Have a time of 0:45.00 or better in the 50-yard freestyle
- Have a time of 1:40.00 or better in the 100-yard freestyle
- Have a legal 100-yard I.M.
- Legally complete 50 yards of each stroke w/ starts and turns
- Have good breath control with ability to vary breathing patterns

### PRACTICES

- 2, 1.25-hour group practices per week
- 1, 1-hour team practice per week