

# Pre-Competitive II Group Expectations

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## Training

### Technique

- Side Breathing
- Introduction to backstroke and freestyle flip turns
- Can proficiently dive from the side of the pool
- Introduction to diving from the blocks
- Introduction to the components of breaststroke and butterfly

### Knowledge

- Swimmers should understand and be able to execute circle swimming properly
- Knowledge of how to use a kickboard in the correct manner
- Introduction on how to use tempo trainers
- Introduction on how to read and use the pace clock when given an interval
- Demonstrates legal finishes not only at meets, but also during practice
- Sit and scoot entry
  
- Active listening with two hands on wall
- Equipment etiquette

## Education

### Nutrition

- Parents should be providing a good source of food
- Swimmers begin to acknowledge the proper foods for their bodies
- Water is drink of choice

### Time Management

- Parents should commit to bringing their children to practice 3 times per week
- Swimmers should arrive to practice 10 minutes before the designated start time
- Parents and swimmers should arrive at least 15 minutes before meet warm-ups

### Stress Management

- Have Fun & Smile 😊

### Time Frame

- Minimum age requirement – 6 years of age

- 2 workouts per week, each lasting 1 hour
- This group is a beginner level, swimmers should have had at least swim lessons, participated on a summer swim team, or have moved up from Pre-Competitive I
- Continues with PEAK if participating with summer league team

## Performance

### Training

- Legal 25 of freestyle and backstroke
- Streamline off every wall
- Underwater butterfly kick off walls when necessary
- Introduction to 100 Individual Medley

## Character Development

### Sportsmanship/Spirit

- Respectful of other team mates, parents, meet officials, coaches, and **MOST IMPORTANTLY THEMSELVES**
- Understands lane etiquette
- Swimmers know to leave 5 seconds apart during practice and meet warm-ups
- Sits with the team during swim meets

### Social Skills

- Communicates and listens to coaches
- Participates in group and team events
- Respectful of pool, locker room, team equipment, and other swimmer's property
- Swimmers show a willingness to learn
- Has **NO** visible signs of separation anxiety

### Team Commitment

- Wears team suit, cap, shirt/sweats at meets
- Cheers with and for team mates
- Helps pick up pool deck after both practices and meets