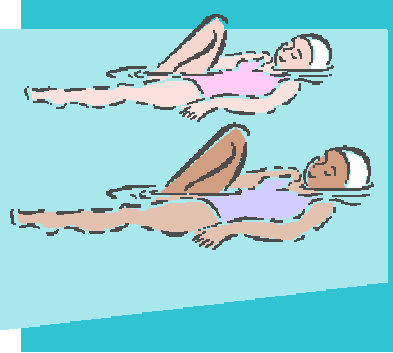


Pre-Team



<p>Pre-Requisite</p>	<ul style="list-style-type: none"> Achieved Stroking Seals skills. At least 8 years of age. 10X50 yards on 1'45".
<p>Description</p>	<ul style="list-style-type: none"> Exclusive competitive program to improve advanced stroke techniques and turns to swim competitively.
<p>Objectives</p>	<ul style="list-style-type: none"> Help swimmers refine their performance through improved technique in all four swimming strokes (freestyle, backstroke, breast stroke, butterfly, sidestroke) as well as diving and turning techniques.
<p>Time Commitment to Safety</p>	<ul style="list-style-type: none"> 60' 2-3 times per week. Swimmers must participate in all "day @ the races." 3 to 4 swim meets during the year.
<p>Exit Skills</p> 	<ul style="list-style-type: none"> Breathing & nose protection <ul style="list-style-type: none"> Can swim holding breath for at least 20 yards under water. Can summersault in four directions without help. Proficient breathing in all style for at least 2,000 yards, in a 60' workout. Safety & flotation <ul style="list-style-type: none"> Jump into deep water, perform a survival float for 3 minutes, roll onto back and perform a back float for 3 minutes. Perform a feet first surface dive, equalize and retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface, and back to starting point. Body movement & balance <ul style="list-style-type: none"> Swim 50 yards in the 4 competitive styles, change direction and position of travel as necessary. Perform a shallow-angle dive into deep water, without losing goggles on entry. Glide in all 4 competitive styles, and cross the length of a 25 yard pool in 10 strokes or less. Navigation <ul style="list-style-type: none"> Swim a 200 IM with 7 legal turns (Individual Medley). Swim a 500 with 19 flip turns under 8:30. Swim 10 x 50 on 1:15 holding average speed under 50".