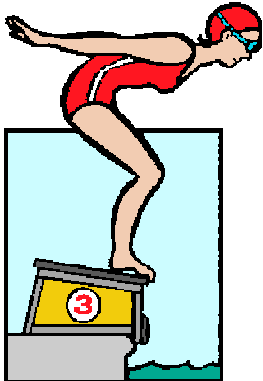


# Young Team



<p>Pre-Requisite</p>	<ul style="list-style-type: none"> <li>• 10 years or older</li> <li>• Achieved pre-team skills</li> <li>• 10x50 1'15"</li> <li>• 200 yards kick on 4'30"</li> <li>• 500 under 8:30</li> </ul>
<p>Description</p>	<ul style="list-style-type: none"> <li>• Exclusive USA SWIMMING affiliated Club Team for dedicated competitive swimmers for those looking to participate in official races.</li> </ul>
<p>Objectives</p>	<ul style="list-style-type: none"> <li>• Swimmers must all be USA Swimming registered, this is a competitive travel team member of the Florida Gold Coast Association.</li> </ul>
<p>Time Commitment to Safety</p>	<ul style="list-style-type: none"> <li>• 60' 3 to 4x per week.</li> <li>• Swimmers must participate in all "day @ the races."</li> <li>• 4 to 6 swim meets per year.</li> </ul>
<p>Exit Skills</p> 	<ul style="list-style-type: none"> <li>• Breathing &amp; nose protection             <ul style="list-style-type: none"> <li>- Hold breath for at least 20 seconds while diving</li> <li>- Proficient breathing in all styles for at least 4,000 90' workout</li> </ul> </li> <li>• Safety &amp; flotation             <ul style="list-style-type: none"> <li>- Jump into deep water, perform a survival float for 4 minutes, roll onto back and perform a back float for 4 minutes</li> <li>- 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</li> </ul> </li> <li>• Body movement &amp; balance             <ul style="list-style-type: none"> <li>- Glide in all 4 competitive styles, and cross the length of a 25 yard pool in 5-6 strokes</li> </ul> </li> <li>• Navigation             <ul style="list-style-type: none"> <li>- Swim a 1650 with 65 flip turns under 25'</li> <li>- Swim a 400 IM under 6'30"</li> <li>- Swim 10 x 50 on 60" holding and average speed under 41"</li> <li>- Swim 200 yards kick in under 3'30"</li> </ul> </li> </ul>