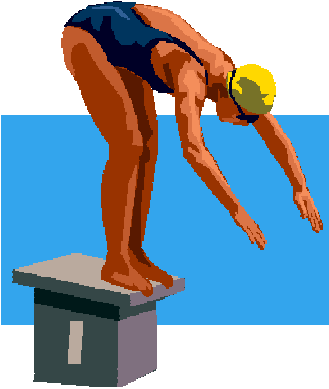


Swim Team



Pre-Requisite	<ul style="list-style-type: none"> • 12 years or older. • Achieve Young Team Exit Skills
Description	<ul style="list-style-type: none"> • Exclusive Olympic level training for those preparing for officially sanctioned races. A must for the open water and triathlon enthusiast. Trained by one of our Olympian staff members
Objectives	<ul style="list-style-type: none"> • Just like going to the OLYMPICS this track is not for _____ This program is for the committed individual who is willing to commit to daily instruction and training; who wants to develop muscle tone and endurance in a low impact and safe and disciplined environment
Time Commitment to Safety	<ul style="list-style-type: none"> • 90 min 6-9 times per week, 30-60 minutes dryland training 2-3 times per week • Swimmers must participate in all Day @ the Races • 6-8 swim meets per year <p>It takes 10,000 hours to be in the top 15% in any field of human performance</p>
<p>Exit Skills</p> 	<ul style="list-style-type: none"> • Breathing & nose protection <ul style="list-style-type: none"> - Proficient breathing in all styles, can manage 4,000 yards per hour - Can repeat 4 x 25 on 1' send-off under water dolphin kick on back • Safety & flotation <ul style="list-style-type: none"> - Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes - Perform a pike or feet first surface dive, equalize and retrieve a 10# object from the bottom of the pool at a depth of 7 to 10 feet, return to starting position with object • Body movement & balance <ul style="list-style-type: none"> - Can glide in all 4 competitive styles, and cross the length of a 25 yard pool in 3-4 strokes • Navigation <ul style="list-style-type: none"> - Swims all events in USAS swim program with legal styles, touches and turns - Swim a 1650 with 65 flip turns under 18' - Swim a 400 IM under 5:15 - Swim 10 x 50 on 60" holding and average speed under 30" <p>- NOTE: Swimmers develop these abilities when they participate in High School athletics and are preparing to go to college</p>