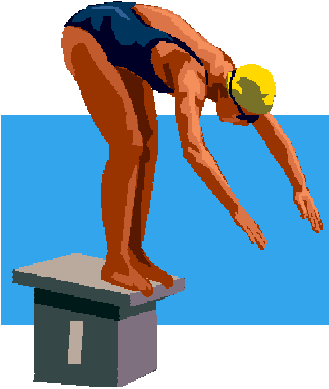


Swim Team



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. Usually 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 5-6 times per week, 30 minutes dryland training 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% of 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 to handle 4,000 yards per hour. - Can swim a 25 yard length of the pool 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 lb. 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: styles and distances in USAS swim program with legal styles, touches and turns.