

Dark Blue

Swimmers entering the Dark Blue group are usually at least 9 years old and must complete the 'Goals of the Novice 2/Light Blue Group' from above.

Workouts are offered four days a week. It is recommended to come to as many as possible for regular improvement.



Practice duration is 90 minutes



~ 60-75 minutes of practice time will be spent in the water










~15-30 minutes will be dedicated to dry-land exercises

Swimmers in the Dark Blue group must display commitment similar to the White group in order to move up to White group practice amounts

There is no attendance requirement for this group, but athletes will improve more quickly and **make more friends (which will make them want to come more!)** the more often they attend workout.

Competitions

Dark Blue swimmers are expected to participate in the following meets:

-  October Intrasquad
-  November Invitational
-  December BC Open or A meet (if qualifying standards are met)
-  December Intrasquad
-  January 14-15 B+ Meet (if qualifying standards are met)
-  January 29-30 ABC Open
-  C Finals
-  ABC Finals (if qualifying standards are met)
-  State Championships (if qualifying standards are met)

Please speak with your coach if you are interested in additional opportunities to compete.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	30	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
Oct. 2010	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Nov. 2010	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
Dec. 2010	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
Jan. 2011	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
Feb. 2011	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
Mar. 2011	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3



Goals of Dark Blue Group

- ④ Display intention of adhering to attendance requirement before moving into group
- ④ Racing history in every event available
- ④ Show willingness to learn
- ④ 15 x 50 @ 1:00
- ④ Under 7:30 in 500yd freestyle
- ④ Display ability to manage intervals
- ④ Achieve "A" time standards