

## Fundamental Stage

### Novice Division: *Novice 1, Novice 2*

6-9 years of age

#### Focus

The **FUN**damental stage should be structured and fun! The emphasis is on developing movement literacy and fundamental movement skills; we are training movements, not muscle.




Because of the varying amount of skills necessary at this phase, the Minnetonka Swim Club encourages participation in a variety of different sports. Speed, power, and endurance is developed using FUN and games. In addition to these skills, our swimmers are introduced to the simple rules and ethics of sports.

#### An Alphabet of Skills to be Developed

<b>A</b> gility	<b>B</b> alance	<b>C</b> oordination	<b>s</b> peed
<b>R</b> unning	<b>J</b> umping	<b>T</b> hrowing	
<b>K</b> inesthetics	<b>G</b> liding	<b>B</b> uoyancy	<b>s</b> triking with the <b>b</b> ody
<b>C</b> atching	<b>K</b> icking	<b>s</b> triking with an <b>i</b> mplement	

## Novice 1

This is our entry level group. To participate in this group, swimmers should be able to complete the following:

-  Swim 25 yards of freestyle
-  Swim 25 yards of backstroke
-  Able to jump into water.

Workouts are offered three days a week. It is recommended to come to at least two for regular improvement.



Practice duration is one hour.



~45 minutes of practice time will be spent in the water









~15 minutes will be dedicated to dry-land exercises

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

Novice 1 swimmers are expected to participate in the following meets:

-  October Intrasquad
-  November Invitational
-  December Intrasquad
-  January 29-30 ABC Open
-  C Finals
-  ABC Finals (if qualifying standards are met)

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

## Goals of Novice 1 Group

-  Swim a 100 IM legally (regardless of time)
-  Do a flip turn
-  Kick 4x25 @ :45
-  Push off and streamline to flags with dolphin kick
-  Acquire basic understanding of the pace clock

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

## Novice 2

From the Novice 1 group, athletes move into this group. Swimmers must be able to complete the 'Goals of the Novice 1 Group' to move into the Novice 2 group.

Workouts are offered three days a week. Athletes may be invited by their coach to swim with the Dark Blue practice on Saturday morning if they can keep up and have perfect attendance for the week.



Practice duration is one hour and fifteen minutes



~1 hour of practice time will be spent in the water







~15 minutes will be dedicated to dry-land exercises

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 workouts.

## Competitions

Novice 2 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	26	30	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
Oct. 2010	Invitational						Invitational
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	ABC Open						
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Nov. 2010	Invitational						Invitational
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
							BC Open
		6	7	8	9	10	11
		12	13	14	15	16	17
Dec. 2010	BC Open						A Meet
	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
							B+ Meet
		17	18	19	20	21	22
		23	24	25	26	27	28
		30	31	1	2	3	4
		ABC Open					Schroeder A
	6	7	8	9	10	11	Schroeder A
	13	14	15	16	17	18	19
Feb. 2011							Invitational
	20	21	22	23	24	25	26
	27	28	1	2	3	4	5
							12u C Final
							AB/C Final
							AB/C Final
		7	8	9	10	11	12
							12u State
							12u State
		14	15	16	17	18	19
					13+0 State	13+0 State	13+0 State
		21	22	23	24	25	26
Mar. 2011							
		27	28	29	30	31	1



### Goals of Novice 2 Group

- ④ Swim 2x200 IM legally
- ④ Perform all turns and push-offs efficiently
- ④ Perform track start and backstroke start effectively
- ④ Achieve USA Swimming 10&Under 'A' time standards
- ④ Athlete is motivated to listen to coaches and try to improve
- ④ Courteous to other swimmers in pool
- ④ Athletes know their attitude affects how they swim and how others around them swim
- ④ Develop consistent practice attendance