

Light Blue

The Light Blue group is for athletes aged 10 – 12 who are new to the sport of swimming. Since these athletes are generally more physically mature than those in the Novice 1 group, these athletes can move through the curriculum at a more rapid pace.

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

Light Blue 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 Light Blue Group

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

	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
	5	6	7	8	9	10	11
Dec. 2010	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	7	8
Jan. 2011	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	4	5
Feb. 2011	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	1	2	3	4	5
	6	7	8	9	10	11	12
Mar. 2011	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	7	8