




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