



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