









White

This program is intended for the age group swimmers that have goals of pursuing their swimming career as far as possible. The practice direction, structure and difficulty will be designed to meet that goal, years down the road.

Minimum age for entry into this group is 10 years old. Requirements to enter White Group

-  Display intention of adhering to attendance requirement before moving into group
-  Racing history in every event available
-  Show willingness to learn
-  15 x 50 @ 1:00
-  Under 7:30 in 500yd freestyle
-  Display ability to manage intervals
-  Basic understanding of heart rate monitoring
-  **Willingness to attend all required meets as well as the end of the season championship meets.**

White group practice is offered 6 times per week.



Practice duration is 2 hours



~75-105 minutes will be in the water



~15-45 minutes will be dedicated to dry-land exercises

White group swimmers are expected to attend a minimum of four practices a week to remain in the group. Special exceptions may be cleared with the White group coach on an absence-by-absence basis.

Ultimately, the White Group coach will have the final say in group appointments.

*The White group is the first group within the Minnetonka Swim Club program with an **attendance requirement.***



Competitions

Competition at swim meets is required in this group.

White Group swimmers are expected to participate in the following meets:

- 🏊 October 9-10 Invitational
- 🏊 October 23-24 ABC Open
- 🏊 October Intrasquad
- 🏊 November Invitational
- 🏊 December 4-5 BC Open or December 11-12 A Meet (if qualifying standards are met)
- 🏊 December Intrasquad
- 🏊 January 14-16 B+ Meet (if qualifying standards are met) or January 21-23 Invitational
- 🏊 January 29-30 ABC Open
- 🏊 February 4-6 Schroeder A Meet (if qualifying standards are met)
- 🏊 February 19-20 Invitational
- 🏊 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
Oct. 2010	10 Invitational	11	12	13	14	15	16 Invitational
	17	18	19	20	21	22	23 ABC Open
	24 ABC Open	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13 Invitational
Nov. 2010	14 Invitational	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4 B/C Open
Dec. 2010	5 B/C Open	6	7	8	9	10	11
	12 A Meet	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
	9	10	11	12	13	14	15 B+ Meet
	16 B+ Meet	17	18	19	20	21	22 B+ Meet
Jan. 2011	23 B+ Meet	24	25	26	27	28	29 ABC Open
	30 ABC Open	31	1	2	3	4 Schroeder A	5 Schroeder A
	6 Schroeder A	7	8	9	10	11	12
Feb. 2011	13 Schroeder A	14	15	16	17	18	19 Invitational
	20 Invitational	21	22	23	24	25	26 12u C Finals
	27 12u C Finals	28	1	2	3	4 AB/C Finals	5 AB/C Finals
	6 AB/C Finals	7	8	9	10	11 12u State	12 12u State
Mar. 2011	13 12u State	14	15	16	17	18 13+O State	19 13+O State
	20 13+O State	21	22	23	24 13+O State	25 13+O State	26
	27	28	29	30	31	1	2

Goals of the White Group

- 🏊 Achieve Minnesota State cuts, Midwestern Zone cuts, or USA Swimming top 16 times
- 🏊 Achieve Age Group time standards in every stroke and distance
- 🏊 Continue to develop goal setting skills
- 🏊 Improve proficiency in turns
- 🏊 Use underwater fly kicking as a tool in racing
- 🏊 Continue becoming more fluid in swimming (no splashing)
- 🏊 Begin to actively improve distance per stroke
- 🏊 Learn leadership skills