

# Color Groups for Swim Team Practice

We have decided to start calling each of the time slots by different colors rather than by age groups. On our team, our kids possess a wide range of skills so we are asking for the parent to determine their child's skill level and pick the appropriate practice.

COLOR GROUP	APPROXIMATE AGE	DESCRIPTION
BLUE	13 & Up	Advanced skill level practice. Primarily for the older age group, plus winter swimmers. Endurance techniques and sprint drills will be incorporated into this practice. Swimmers must be able to do sets of 25s, 50s and 100s. Knowledge of all 4 swimming strokes is recommended.
GREEN	11 & 12	Medium skill level practice. Primarily for the kids that will swim 50s in the meets. Endurance techniques and sprint drills will be incorporated into this practice. Swimmers must be able to do sets of 25s and 50s. Knowledge of all 4 swimming strokes is desired.
RED	9 & 10	Basic skill level practice. Primarily for the kids that will swim only 25s in the meets. Basic stroke techniques will be taught along with some 25 drills. Knowledge of freestyle and backstroke is a minimum requirement. All 4 strokes will be taught in this group.
YELLOW	7 & 8	Basic skill level practice. Only for those kids who swim only 25s in the meets. Basic stroke techniques will be taught along with beginner 25 drills. Must be able to swim the entire length of the pool. Knowledge of the 4 swimming strokes will be taught in this class.
WHITE	6 & Under	Beginner skill level practice. Mostly for NEW swimmers on the team. Basic stroke techniques for Freestyle and Backstroke will be taught. Must be able to swim the entire length of the pool!

***WHINING IS NOT ALLOWED IN ANY OF THE PRACTICES!***

## **YELLOW SLIPS**

We expect the swimmer to work hard at every practice. If a child is goofing around and causing any disturbance to the practice they will receive a "yellow slip". This "Yellow Slip" will have a written description of the misbehavior and signed by the coach. This slip **MUST BE SIGNED BY THE PARENT** and returned back to the coach. If the child receives 4 Yellow Slips he will be kicked off the team.