

**NORTH PALM BEACH SWIM CLUB**  
**Blue Team**

**Minimum age 11(10 at coaches discretion)**  
**Maximum Age 14**

<b>Training</b>	<b>External Training Factors</b>	<b>Performance</b>	<b>Character Development</b>
<p><i>Technique</i></p> <p>Has completed a legal 100 of each stroke</p> <p>Completed a legal 200 IM with transition turns</p> <p>Knows advanced stroke drills</p> <p>Has a grasp of dolphin-kicking off the walls</p> <p>Understands advanced body position skills</p> <p><i>Knowledge</i></p> <ul style="list-style-type: none"> <li>· Understands how to build</li> <li>· Accurately counts distances and repetition sets.</li> <li>· Knows how to descend</li> <li>· Knows how set seasonal goals</li> </ul>	<p><i>Nutrition</i></p> <ul style="list-style-type: none"> <li>· Understand the importance of good pre-meet meals</li> <li>· Understands what a healthy snack is</li> <li>· Brings water bottle to practice each day</li> </ul> <p><i>Time Management</i></p> <ul style="list-style-type: none"> <li>· Commitment to 5 practices per week. Saturday mornings are recommended .</li> <li>· When nearing Gold group qualification, expected to attend all 6 practices .</li> </ul> <p><i>Stress Management</i></p> <p>Prioritizes school work, activities, and other commitments including swimming.</p> <p><i>Time Frame</i></p> <ul style="list-style-type: none"> <li>· Not Applicable</li> </ul>	<p><i>Competition</i></p> <ul style="list-style-type: none"> <li>· Has 2 comparable times to the performance guideline s Junior Olympic times for 10 &amp; under girls.</li> </ul> <p><i>Training</i></p> <p>Must complete each of the following sets</p> <p>6 x 200 Free-IM on 3:30</p> <p>6 x 100 Kick on 2:20</p> <p>20 x 100 Free on 1:40</p> <p>Must complete one of the followings sets:</p> <p>10 x 100 Free on 1:30 10 x 100 Back on 1:35 10 x 100 Breast on 1:40 10 x 100 Fly on 1:45</p>	<p><i>Sportsmanship</i></p> <ul style="list-style-type: none"> <li>· Respectful of meet officials</li> <li>· Demonstrates proper meet behavior (i.e., not throwing caps and goggles, etc.)</li> <li>· Congratulates teammates regularly</li> </ul> <p><i>Social Skills</i></p> <ul style="list-style-type: none"> <li>· Respectful of other swimmers' space in practice</li> <li>· Knows that splashing or touching other swimmers is inappropriate</li> <li>· Leaves 5 seconds apart</li> <li>· Respectful of pools, locker rooms, team equipment and other swimmers' property.</li> </ul> <p><i>Team Commitment</i></p> <ul style="list-style-type: none"> <li>· Knows 1 Olympian and his/her events</li> <li>· Competes in the highest level of competition qualified.</li> </ul>