

NORTH PALM BEACH SWIM CLUB
Red Team

Minimum age 9 (8 at coaches discretion)
Maximum Age 13

Training	External Training Factors	Performance	Character Development
<p><i>Technique</i></p> <ul style="list-style-type: none"> Has completed a legal 100 of each stroke with proper strokes Completed a legal 200 IM with transition turns Knows advanced stroke drills Can perform Breaststroke Pull-outs Can demonstrate a start from the blocks Has good streamlines Can do Freestyle flip-turns <p><i>Knowledge</i></p> <ul style="list-style-type: none"> • Can read the pace clock. • Accurately counts distances and repetition sets. • Knows relays starts • Learning to set season goals 	<p><i>Nutrition</i></p> <ul style="list-style-type: none"> • Understand the importance of good pre-meet meals • Understands what a healthy snack is • Brings water bottle to practice each day <p><i>Time Management</i></p> <ul style="list-style-type: none"> • Commitment to 4 of 5 practices a week. • When nearing Age group qualification, expected to attend all 6 practices. <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"> • Not Applicable 	<p><i>Competition</i></p> <ul style="list-style-type: none"> • Competed in 3 U.S.A Swimming sanctioned meets while in White Team. <p><i>Training</i></p> <p>16 x 50's Free on 1:20 or 16 x 50's Back on 1:30</p> <p>12 x 50's alternating Fly and Breast on 1:35</p> <p>1 x 500 Free on 10:30</p>	<p><i>Sportsmanship</i></p> <ul style="list-style-type: none"> • Respectful of parents, other swimmers and coaches • Demonstrates proper meet behavior (i.e., not throwing caps and goggles, etc.) • Congratulates teammates regularly <p><i>Social Skills</i></p> <ul style="list-style-type: none"> • Respectful of other swimmers' space in practice • Knows that splashing or touching other swimmers is inappropriate • Leaves 5 seconds apart • Respectful of pools, locker rooms, team equipment and other swimmers' property. <p><i>Team Commitment</i></p> <ul style="list-style-type: none"> • Knows 1 Olympian and his/her events • Know at least 4 NPB senior swimmers and their events