

# JCC Sharks Year-Round Swim Team

## SILVER SHARKS

NEW TO SWIM  
TEAM/SWIM  
TEAM PREP

### BASIC GOALS

- Learn foundation of all 4 strokes
- Using diving block
- Learn correct body positioning
- Breathing techniques
- Streamlining
- Kicking technique
- Introduction to drills and equipment

- **Age:** Typically 5-8 years old depending on ability level
- **Prerequisites:** Swim 25 yd freestyle, breast stroke and backstroke, pass level 5 swim lessons or coach evaluation.
- **Daily Training:** 45 mins 2x per week
- **Equipment:** Kickboards, fins, goggles, swim cap, water bottle
- **Sportsmanship:** Respect for coaches and teammates, learn to share a lane, training ethic and attitude

### EDUCATIONAL GOALS

- Transition from swimming for fun to swimming for sport
- Lane sharing
- Teamwork
- Workout behavior

Practice Times: Mon & Wed  
4:30-5:15

