

JCC Sharks Year-Round Swim Team

GOLD SHARKS ADVANCED SKILLS

BASIC GOALS

- Refined race techniques of all 4 strokes
- Pace clock and intervals to start sets
- Conditioning and speed
- Advanced drills
- Legal 200 Individual Medley
- Time trials/ reaching personal record

Practice Times: Mon & Wed
7:00-8:00

- Age: Typically 10+ years old depending on ability level
- Prerequisites: Proper technique in all 4 strokes, 200 IM, move up from Black Sharks or coach evaluation.
- Daily Training: 1 hour 2x per week
- Equipment: Kickboards, pull buoys, fins, goggles, swim cap, water bottle
- Sportsmanship: Respect for coaches and teammates, training ethic and attitude

EDUCATIONAL GOALS

- Race techniques
- Teamwork
- Goal setting
- Self motivating

