

NRATS Group Requirements

Tigers:

Requirements:

Swimmer must be able to swim 25 yards

Focus:

- Proper body position in the water
- Basic freestyle & backstroke technique
- Introduce swimmer to breaststroke & butterfly techniques
- Introduce swimmer to basic starts & turns

Practice Length:

- 45 minute practice, offered 5 days per week
- Attend practice at least 3 times per week (recommended)

Equipment:

- Provided by club
 - Kick boards
 - Flippers

Sharks:

Requirements:

- Swimmer must be able to swim at least 2000 yards per practice
- Swimmer must be proficient in freestyle & backstroke
- Swimmer has working knowledge of breaststroke & butterfly
- Swimmer must be able to use the pace clock at a basic level
- Swimmer must understand yard amounts & drills for each stroke

Focus:

- Proper technique of all 4 competitive strokes
- Proper technique of turns & starts
- Increase endurance in all competitive strokes

Practice Length:

- 1 hour practice, offered 5 days per week
- Attend practice at least 3-4 times per week (recommended)

Equipment:

- Provided by club
 - Kick boards
 - Flippers

Juniors:

Requirements:

- Swimmer must be at least 9 years of age
- Swimmer must be able to complete 10x50 Freestyle on :55
- Swimmer must be able to swim at least 3000 yards per practice
- Swimmer able to compete legally in all four competitive strokes
- Swimmer must be able to use a pace clock
- Swimmer must understand yard amounts, sets, & drills for each stroke

Focus:

- Improve on proper technique of all 4 competitive strokes
- Improve on proper technique of turns & starts
- Increase endurance of all 4 competitive strokes

Practice Length:

- 1 hour 30 minute practice
- Attend practice at least 4 times per week (recommended)

Equipment:

- Provided by club
 - Pull bouys
 - Kick boards
 - Flippers
- Provided by swimmer (optional)
 - Zoomers
 - Hand paddles

Seniors:

Requirements:

- Swimmers must be at least 9 years of age
- Swimmer must be able to complete 10x50 Freestyle on :50
- Swimmer must be able to swim at least 3500 yards per practice
- Swimmer able to compete legally in all four competitive strokes
- Swimmer must be able to use a pace clock
- Swimmer must understand yard amounts, sets, & drills for each stroke

Focus:

Improve on proper technique of all 4 competitive strokes

- Improve on proper technique of turns & starts
- Increase endurance of all 4 competitive strokes
- 1 hour 30 minute practice
- Attend practice at least 4 times per week (recommended)

Equipment:

- Provided by club
 - Pull bouys
 - Kick boards
 - Flippers
- Provided by swimmer (optional)
 - Zoomers
 - Hand paddles