



# JR. VARSITY



Jr. Varsity group is for swimmers ages 13 & up.

The Jr. Varsity group introduces swimmers to year round swimming. Swimmers are working on the fundamentals of all four strokes and building an endurance base. They will practice stroke drills, starts and turns and interval training. They will also have the opportunity to do dryland that will help with building strength and flexibility. Swimmers in this group are expected to attend one swim meet per season with the goals of racing all strokes and distances.

## Group Requirements

- Pass our Intermediate level in Stroke School or move from Swim Fitness
- Swim a 25 of each of the four competitive strokes legally
- Do a freestyle flipturn
- Do a standing dive from the side of the pool

## Mandatory Equipment

Swim Bag, Goggles, Kickboard, Fins, a Competitive Swimming Snorkel, Pull Buoy, Hand Paddles  
Tennis shoes and comfortable gym clothes are needed for dryland

## Group Information

Practice Length: 1 Hour

Practice Days: Monday, Wednesday, Friday and Saturday

Group Times: Monday/Wednesday/Friday: 7:45pm | Saturday: 11:15am

Dryland Practice: 30 min. | Monday/Wednesday/Friday: 7:15pm | Saturday: 12:15pm

Price : \$150 per month

## WHAT DOES MY SWIMMER NEED TO MOVE TO VARSITY?

Please see the Waterloo Swim Team move up guidelines online for more details. Moves happen 4 times throughout the year. Once at the beginning of each season and once in the middle of each season. August, November, March and June. In order to qualify for a move swimmers must complete the following:

**Attend at least one swim meet during the season**

**Maintain 50% attendance throughout the season**

**Test Sets: 20x50s Free @ :55 | 10x50 Kick @ 1:05 | 6x100 IMs @ 2:00**

Athletes who complete requirements will move to Varsity