



VARSITY



Varsity group is for swimmers ages 13 & up

The focus of Varsity is to continuing to build on technique and endurance. Swimmers are training to develop more advanced race strategies, learning about nutrition as an athlete and goal setting. The dryland portion emphasizes increasing strength while balancing flexibility. These swimmers typically have experience with year around swimming and have B or BB cuts. Swimmers in this group are expected to attend two swim meets per season.

Group Requirements

- Move from Bronze 2, Silver 1 or complete a Saturday Evaluation
- Have swim meet experience
- Attend at least 2 swim meets per season
- 20x50s FR :55 | 10x50s Kick 1:05 | 6x100s IM 2:00

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: Monday - Friday: 1:15 hours | Saturday: 1 Hour

Swim Practice: Monday-Friday: 5:00pm or 7:15pm (M-F practice times are not interchangeable)
Saturday: 10:00am

Dryland Practice: 30 min. | Monday/Tuesday/Thursday: 6:30pm | Saturday: 9:30am

Price : \$160 per month

WHAT DOES MY SWIMMER NEED TO MOVE TO SENIOR?

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

Must be 15 or entering high school the following season

Attend at least two swim meets during the season

Maintain 50% attendance throughout the season

Test Sets: 20x50s Free @ :45 | 10x50s Kick @ :55 | 10x100s IM @ 1:45

Athletes who complete requirements will move to Senior Group.