



Winskill Dolphins Swim Club



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<http://wskilldolphins.org>

CONDITIONING & TECHNIQUE GROUP

Learning to Train / Active for Life (8-12 swimmers)

The Conditioning and Technique group is designed for those who wish to pursue competitive swimming while engaging in other activities. The program emphasizes the benefits of swimming for life and represents an excellent introduction to swimming for teenagers, a cross-training option for summer swimming and other sports, and a source of solid instruction. Training time centers around stroke correction and maintaining fitness.

ENTRY: - 12 years & Over

PRACTICES: - 3 practices offered weekly:

Monday 3:45-5:15pm (Winskill Pool)

Friday 3:30-5pm (Ladner Leisure Center Pool)

Saturday 8-9:30am (Winskill Pool)

*At discretion of the coach opportunities for swimmers to practice with the Provincial group Wednesday 5:45-7:30am (Winskill Pool) will be available between *September and December* on a trial basis.

GOALS: - Maintain active lifestyle through sport
- Develop technical competency in all four strokes

COMPETITION: - 1 competition per season is offered
- Team gear is mandatory at competitions

TRAINING: - Technique and fitness are emphasized in this group

EXPECTATION: - Positive attitude to be demonstrated
- Adherence to club and association policies as well as compliance with coach guidelines

EQUIPMENT: - Training suit (any brand/colour)
- Goggles (any brand/style)
- Water bottle
- Optional: Flippers (Speedo training fins are recommended)
- Optional: Finger Paddles (Finis recommended)
- Optional: Pull Bouy (Smaller bodies will want the jr. size)
- Optional: Mesh bag to carry everything

TEAM GEAR: - Meets are within the Lower Mainland. Meet schedule to be determined.
- Blue or Black Speedo suits MUST be worn in competition
- WDSC shirt & cap required
- WDSC cap required for swimmers with longer hair
- WDSC hoody recommended