

# Niagara Aquatics Club

## Swim Team Prep

When the swimmer has mastered the Level 1 and 2 skills they will move onto our swim team prep group. Swim team prep focuses on refining the swimming strokes as well as learning skills necessary to compete at swim meets if they chose to compete.

### The following skills will be taught:

- ♦ Refine freestyle stroke
  - ♦ Refine backstroke
  - ♦ Refine breaststroke
- ♦ Introduce Butterfly stroke
- ♦ How to dive from the starting block
  - ♦ Streamlining
  - ♦ Flip turns
- ♦ Starts and finishes
- ♦ Endurance building
- ♦ Rules for competition

