

## Makos Swim Team

### Skill Level Descriptions

#### Bronze:

Swimmers should be able to swim 25 yards of backstroke and freestyle, and some basic breaststroke and butterfly.

Example workout set: 6 x 25 freestyle rest :30 between each

We will work on learning the breaststroke and butterfly and increase endurance and speed in the other strokes. We will focus on starts and flip/open turns as well.

#### Silver:

Swimmers should be able to swim 50 yards of butterfly, backstroke, and breaststroke, as well as 100 yards of freestyle.

Example workout set: 5 x 50 freestyle on a 1:30 or 2:00 interval

Swimmers will continue to improve stroke mechanics, endurance, and speed in all four competitive strokes, as well as build an understanding of legal starts and turns.

#### Gold: Open to swimmers in 7th-12th grade (5<sup>th</sup> and 6<sup>th</sup> graders with permission by coach Jen)

Swimmers should be comfortable with all four competitive strokes. Example workout set: 10 x 50 freestyle on :50/1:00/1:15 interval

Swimmers will continue to work on mechanics, endurance, and speed in all four competitive strokes, as well as improve power/speed in starts, and turns.

\*Swimmers must be able to complete at least the bronze level description to practice with the Makos.

Please contact Jen Passafiume, Aquatics Director, and Head Coach, at [Jenp@ymcamv.org](mailto:Jenp@ymcamv.org), 508- 696-7171 ext. 129 with any questions.