

# Hoosier Hills Otters Swim Team

Visit our website at [www.geocities.com/h2oswimteam](http://www.geocities.com/h2oswimteam)

The H2O Swim Team strives to provide instructional and recreational swim team experience for boys and girls who are interested in developing their swimming skills and gain some exposure to competitive swimming. We offer six groups of practices/workouts.

**Pre-Developmental (Pre-D) offers:** Practice Mon. thru Thurs. for 30 minutes each session.

- Practices are scheduled 2 days per week

**Cost** \$35.00 monthly dues

**Requirements:** Must have coach approval to attend or move up. After 30 day trial period, registration fee required. After 90 day developmental period, must meet requirements to move up to White Team.

**White team offers:** Practice Mon. thru Thurs. for 45 minutes each session

- 4 practices per week offered (attend as often as you want)
- May attend Invitational meets at swimmers expense

**Cost** \$35.00 monthly dues or one time payment at 10% off

**Requirements:** Swim the length of the pool in freestyle and backstroke. Must have coaches approval to move up.

**Red team offers:** Practice Mon. thru Thurs. for 1.5 hours each session

- 4 practices per week offered (attend as often as you want)
- Should compete in at least 1 Invitational meet in season at swimmers expense

**Cost** \$45.00 monthly dues or one time payment at 10% off

**Requirements:** Swim freestyle and backstroke with legal form. Can complete 30 minutes practice session. Can perform a continuous swim for five minutes. Starts and finishes at wall. Can streamline off wall. Breaststroke kick is very close to legal. Can dolphin kick with arms at side. Must have coaches approval to move up.

**Blue team offers:** Practice Mon. thru Thurs. for 1.5 hours each session

- 4 practices per week offered (must attend 2 per week)
- Recommended to purchase competition swim suit
- Must compete in at least 4 Invitational meets in season at swimmers expense

**Cost** \$45.00 monthly dues or one time payment at 10% off

**Requirements:** Can complete the following sets: 6x50 Free, 6x50 back, 6x50 breast, 6x50 fly, 6x50 kick. Can execute start from blocks. Holds streamline 1.5 x body length. Executes a legal freestyle, backstroke, butterfly, and breaststroke turn. Can complete 25 yards of each stroke legally. Perform 100 IM with legal technique. Can perform continuous swim for 10 minutes. Must have coaches approval to move up.

**Silver team offers:** Practice Mon. thru Thurs. for 2 hours each session

- 4 practices per week offered (must attend 3 per week)
- Recommended to purchase competition suit
- Must compete in at least 4 Invitational meets in season at swimmers expense

**Cost** \$50.00 monthly dues or one time payment at 10% off

**Requirements:** Can complete the following sets: 3x200 IM @3:50, 6x100 kick @ 2:40, 8x100 free @ 2:30, 1x400 IM legally, 1x25 underwater swim no breath. Has competed and completed the following sets: 100 free @ 1:20, 100 back @ 1:30, 100 breast @ 1:40, 100 fly @ 1:35, 100 IM @ 1:30. Can complete a 500 freestyle swim with good technique, turns, and attitude. Has competed in at least 6 swim meets in the past year. Must have coaches approval to move up.

**Gold team offers:** Practice Mon. thru Thurs. for 2 hours each session

- 4 practices per week offered (must attend **all** practices)
- Recommended to purchase competition suit
- Must compete in at least 4 Invitational meets in season at swimmers expense

**Cost** \$50.00 monthly dues or one time payment at 10% off

**Requirements:** Can complete the following sets: 4x200 IM @ 3:15, 10x100 kick @ 2:00, 10x100 free @ 1:20. Set positive examples and mentor for younger swimmers.

All swimmers will show good sportsmanship at all times. No throwing of goggles, cap, etc. is permissible. A positive attitude and a thank you for a job well done should be executed during meets and practices. When attending meets, swimmers should cheer on teammates and congratulate for a job well done.

^ Summer session is April-July at Madison Jr. HS and the winter season is September-February at Madison Jr. HS

^ A 20% discount will apply to additional family member swimmers.

^ All swimmers must carry a current USS card to be on the team. Annual cost is \$50.00.

For those who decide to commit themselves to the demands of competitive swimming, it is our mission to provide the highest quality of physical, technical training for competitive swimming available.