

Flourtown Swim Team 2024

Practice Groupings

In order to have an optimal practice environment, the Flourtown Swim Team groups its team members by swimming ability. The coaches will group swimmers during the first week of practice, the week of June 17. Group assignments will be communicated no later than Friday, June 21. If you are unable to attend practice during the first week, please communicate with the coaches.

Grouping determinations are final and up to the coaches. The coaches also reserve the right to change a swimmer's group at any point during the season.

<p><u>White Group- Competitive Swimmers</u> This practice is for swimmers of all ages. Swimmers should be able to swim at least 4 laps of the pool continuously, by either swimming freestyle or backstroke. Swimmers in this group are still developing and refining the four competitive strokes. Practices will have a strong focus on freestyle and backstroke.</p> <ul style="list-style-type: none"> ● Tuesday, Thursday, and Friday <ul style="list-style-type: none"> ○ 7:30-8:45 (campers practice) ○ 8:45-10:00 (non-campers) 	<p><u>Green Group- Competitive Swimmers</u> This practice is for swimmers of all ages. Swimmers should be able to swim at least 8 laps of the pool continuously and should have some knowledge of all four strokes. Swimmers in this group are able to swim all four competitive strokes. Practice will focus on endurance and technique.</p> <ul style="list-style-type: none"> ● Monday-Friday <ul style="list-style-type: none"> ○ 7:30-8:45 (campers practice) ○ 8:45-10:00 (non-campers) 	<p><u>Pre-Team Gators</u> This practice is for swimmers age 5 and under. Swimmers must be able to swim one length of the pool. Practice will be individualized and focus primarily on learning and refining the four strokes.</p> <ul style="list-style-type: none"> ● Practice time: Monday-Thursday 9:30-10:00 <ul style="list-style-type: none"> ○ Campers are brought down from camp for practice. ○ Practice is not held on Fridays so there is no conflict with Gator Day at FSDC!
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