



**North Shore Swim Club
Fall & Winter 2008-2009
Group Descriptions and Practice Schedules**

| Group | Skill Level | Recommended Participation | Practice Schedule |
|--|---|---|--|
| 1 | Can swim 25 yards unassisted in deep water | 100% instructional 45 minute practices Attend 2 times per week Enter NSSC swim meet | 6:15-7PM Mon-Thurs WFBHS |
| 2 | Can swim 25 yards of 3 competitive strokes correctly and ready for longer practices | 85% instruction 15% conditioning 1.5 hour practices Attend 3 times per week Enter 1 to 2 meets per month | 5:30 PM - 7:00 PM Mon-Fri WFBHS Saturday Stroke Clinics TBA |
| 3 | Can swim a legal 100 yard Individual Medley | 70% instruction 30% conditioning 1.5 hour practices Attend 3 times per week Enter 1 to 2 meets per month | 5:30 PM - 7:00 PM Mon-Fri WFBHS Saturday Stroke Clinics TBA |
| 4 | Must be ready for longer practices | 30% instruction 70% conditioning Enter 2 meets per month | 5:00 PM - 7:00 PM Mon-Fri WFBHS Bring shoes & shorts for dryland 1st 1/2 hour Saturday practices to be announced |
| Senior I Team | High School age swimmers | 10% instruction 90% conditioning 3 hour practices (includes dry-land) Attend 5 times per week Enter 2 to 3 meets per month | 4:00 PM - 7:00 PM Mon-Fri WFBHS Mon & Wed dryland, bring shoes & shorts Saturday practices to be announced |
| Senior II (Stay in shape) First 2 hours per day | | | |

REMEMBER TO CHECK MONTHLY CALENDAR FOR ANY CHANGES TO PRACTICES.