

2019 BTC Swim Team: Practice Groups & Schedule

PRACTICE GROUPS

Below, you will find typical practice group guidelines. During the first week of practice, coaches will evaluate swimmers and recommend the appropriate practice group for the optimal swim team experience for your swimmer(s).

Group	Typical Age	Swimming Requirements
Junior Team	4-8 years	<ul style="list-style-type: none">Confident in the waterCan swim ½ length of the pool unassistedHas a desire to be on a competitive team
Beginners	5-10 years	<ul style="list-style-type: none">1 lap of freestyle1 lap of backstroke
Intermediate	9-13 years	<ul style="list-style-type: none">2 laps each of freestyle + backstroke1 lap each of breaststroke + butterfly
Advanced	11-18 years	<ul style="list-style-type: none">2 laps of each strokeAbility to handle the practices

PRACTICE SCHEDULE

Swimmers can wear any competitive swimsuit & cap for practices – the BTC Team Swimsuit & Cap are for the meets.

Preseason: June 10 - 13, 4:00-5:30pm

- ALL SWIMMERS!
- These practices are designed to allow swimmers to meet the coaching staff, coaches to evaluate swimming strokes, have the team work together, and get to know one another.
- Swimmers should come to practice dressed for non-pool exercises (dryland) and be prepared to swim.

Regular Season: June 17 - August 2

- Monday – Thursday AM**
 - 8:00-9:30am Advanced
 - 9:30-10:30am Intermediate
 - 9:30-10:15am Beginner
 - 10:30-11:00am Junior
- Monday + Wednesday PM**
 - 5:00-6:30pm Advanced/Intermediate/Beginner
 - ONLY** for swimmers unable to attend the morning session due to camp, job, etc.
- Friday**
 - 9:00-10:00am Advanced
 - 10:00-11:30am Entire Competitive Team

Practice Cancellation Policy

- No practice if thunderstorms & /or lightning.
- If it is raining, please bring exercise + casual clothes - we will focus on non-pool activities & exercises.
- If something unexpected happens, we will do our best to provide a practice status update in a timely manner.

Questions? swim@burlingtontennis.com