

TRAINING OUTLINE

I. SWIMMING - 101

A. Strokes

- 1 Back
- 2 Breast
- 3 Fly
- 4 Free (front crawl)

B. Judges & Timers

- 1 Referee
- 2 Starter
- 3 Recall
- 4 Stroke
- 5 Turn
- 6 Timers

C. Disqualifications (show DQ form)

- 1 Back
- 2 Breast
- 3 Fly
- 4 Free (front crawl)

D. Reading the program

- 1 Event
- 2 Seating

E. Sectionals

- 1 Where
- 2 Why

F. State

- 1 Where
- 2 Why
- 3 Boys / Girls split days

G. Regionals

II. OTHER

A. Waiting

- 1 Cafeteria
- 2 Concessions

B. Team history

