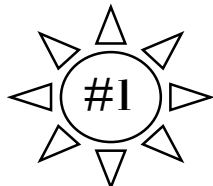


DEVELOPMENTAL PROGRAM

25 Club & Voyagers



FACE-UP FIRST® MOTTO
We swim for good times!®

faceupfirst.com
practicemakeshabit.com

SIT & SLIDE OR THREE-POINT ENTRY

USA Swimming Rule: When entering the warm-up/warm-down area at swim meets, a "sit and slide"/"three-point" entry is required. Enter from the right side of the lane with one hand remaining on the wall until both feet are in the water.

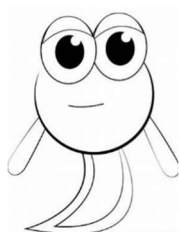
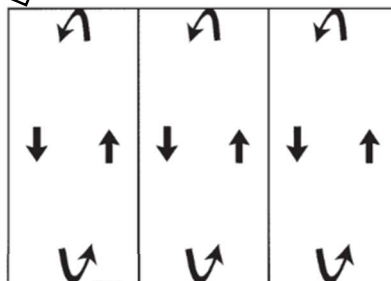
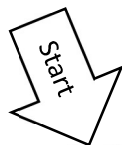
EVERYONE NEEDS... SWIMMING SPACE!

Good teammates give each other the swimming space we all need to swim with good technique. We do this by starting in the correct order (fastest to slowest), leaving enough space between swimmers at the start of each swim, and circle swimming.

Circle right to left as shown. ↻

Starting spot = right side corner of the lane

Voyagers: start 10 seconds apart



STANDARD WARM-UP

25 Club and Voyager swimmers all start every practice by swimming the Tadpole stroke. The words for the Tadpole stroke are "Tickle - T - Touch." Swimming the Tadpole helps swimmers develop good balance for swimming.

CALCULATING DISTANCE

Omaha Home for Boys & Kroc Center Pools

1 length = 25 yards Coaches say, "Swim a 25."

25 Club swimmers swim all 25's. Voyagers start each practice with 50's and swim several varying distances through the session.

What is the meaning of the group name 25 Club? Why would we call it that?

Unscramble the Face-Up First motto. EW ISWM OFR OODG METIS

TEN TRAINING HABITS 1. Support your teammates

I say and do things that make others glad to be on this team.

2. Positive Personal Attitude

I can expect happiness and progress.

3. Effort

I choose to try.

4. Listening

Being a good listener is useful, helpful, and respectful.

5. Be on time

Being on time shows respect, earns respect, and maximizes opportunity.

6. Be informed

It is my responsibility.

7. Streamlines

I perform a H/H, W/W, full body streamline every wall, every time.

8. Turns

I perform fast, legal turns every wall, every time.

9. Finishes

I perform legal, reaching finishes, every wall, every time.

10. Wall to Wall

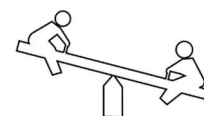
I stay focused and practice good training habits from start to finish.



All 25 Club and Voyager swimmers begin each practice by swimming the

_____ stroke to improve

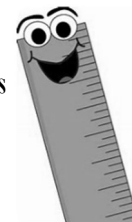
their _____ for swimming.



Practice makes _____.

How long is our pool?

_____ yds



When performing a Sit & Slide entry, one hand must stay on the wall until

_____  are in the water.

What does every swimmer need?

_____!

Where is the starting position?

Circle one... Right Left
corner of the lane.

How much space do we keep between swimmers? At least... _____ feet.

What is the Voyagers start interval?

 _____ seconds apart

How far would you swim if coach says, "Swim a 100?" _____ lengths