



DREAM TEAM

A: For Dream Team swimmers, it's important to develop a strong foundation and acquire fundamental skills that will set them up for success in competitive swimming. Here are some important aspects for pre-competitive swimmers to focus on:

1. Water Comfort:

Dream Team swimmers should focus on becoming comfortable in the water. This includes overcoming any fear of water and developing basic water safety skills.

2. Basic Swim Skills:

Learning and refining basic swim skills is crucial. This includes proper body position, breath control, and basic kicking and arm movements for different swimming strokes.

3. Stroke Development:

Dream Team swimmers should work on developing proper technique for the main swimming strokes such as freestyle, backstroke, breaststroke, and butterfly. Emphasis should be placed on proper body alignment, stroke mechanics, and timing.

4. Starts and Turns:

Basic skills related to starts and turns should be introduced. This includes practicing proper dive technique, flip turns, and open turns, which will become important as swimmers progress to competitive swimming.

5. Endurance Building:

Building cardiovascular endurance is important for Dream Team swimmers. Gradually increasing the distance they can swim without stopping helps develop their stamina and prepares them for longer races.

6. Listening to Instructions:

Dream Team swimmers should learn to listen to their coaches and follow instructions. It's important to develop good listening skills and demonstrate a willingness to learn and improve.

7. Fun and Enjoyment:

Dream Team swimmers should have a positive and enjoyable experience in the water. Incorporating fun activities and games into training sessions helps maintain their interest and enthusiasm for swimming.

8. Water Safety Awareness:

Alongside swimming skills, pre-competitive swimmers should also learn about water safety. They should understand basic safety rules, such as staying within designated swimming areas, swimming with a buddy, and being aware of potential hazards.

9. Sportsmanship and Teamwork:

Dream Team swimmers can benefit from learning about sportsmanship and teamwork. They should understand the importance of supporting their fellow swimmers, respecting competitors, and displaying good sportsmanship during races.

10. Parental Support:

Parental involvement and support are crucial for Dream Team swimmers. Parents should encourage their child's participation, provide transportation to training sessions, and ensure they have the necessary swim gear and equipment.

Remember, at this stage, the focus should primarily be on developing skills, having fun, and fostering a love for swimming.