

Pre-Team - Ages 4-11

This is an entry-level developing group where the focus is placed on ensuring that athletes are having fun, forming strong team bonds, developing strong fundamental skills in all four competitive strokes, building a kicking foundation, and learning the basics of racing skills. We have 3 levels of Pre-Team that your child will progress through.

Evaluation Guidelines—must attend a TRYOUT

Only swimmers ages 4-11 will be evaluated for the Pre-Team.

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend a minimum of 2 out of the 3 practices offered per week.

Meet Attendance

Swimmers are encouraged to attend the Donner home meets.

Equipment—provided at the High School Kickboard--Pull-Buoy

Goals of the Pre-Team

- Demonstrate courteous behavior towards coaches and other swimmers
- Learn all four competitive strokes and turns
- Demonstrate an understanding of forward and backward racing starts
- Demonstrate consistency in going at least 5 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate an ability to read the pace clock and understand basic intervals