

# SWIM TEAM 101:

## Strokes

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New Sherwood pool is 25 YARDS in length (only a few pools in the league are a bit longer @ 25 METERS instead)

- 1 LENGTH (one end to the other) = 25 yard swim AKA “a 25”
- 2 LENGTHS (down and back) = 50 yard swim AKA “a 50”

4 swim strokes: Freestyle, Backstroke, Breaststroke, Butterfly  
AKA “free, back, breast, fly”

Swim team breaks up swimmers into 6 age group categories, based upon a swimmer’s age on May 31st - girls swim against girls, boys against boys:

- 6 U
- 7-8
- 9-10
- 11-12
- 13-14
- 15-18

\*6 and Under swimmers can ONLY compete in freestyle and backstroke (25s only) and a freestyle relay - MAX # of events = 3 (2 individual, 1 relay)

\*7 and 8 can compete in 25 yd swims of all 4 strokes, 50 yd distance free, and 2 relays (a free relay AND a medley relay) - MAX # of events = 5 (3 individual, 2 relays)

\*9-10 can compete in 25 yd swims of all 4 strokes, 50 yd distance free, a 100 yd individual medley (or IM), and 2 relays (freestyle relay and medley relay) - MAX # of events = 5 (3 individual, 2 relays)

\*11-12, 13-14, 15-18 can compete in 50 yd swims of all 4 strokes, 100 yd distance free, 100 yd IM, and 2 relays (freestyle relay and medley relay) - MAX # of events = 5 (3 individual, 2 relays)

Individual Medley (IM) = 1 swimmer swims 1 length of each stroke in this order: fly, back, breast free  
\*the only flip turn permitted is a “bucket” turn from back to breast

Free Relay = 4 swimmers each swim 1 length of freestyle

Medley Relay = 4 swimmers each swim 1 length in this order: back, breast, fly, free

*“Streamline” form: a technique used to swim under water at the start of a race or on a turn to create the least amount of resistance. Arms are positioned overhead, tight to the ears with hands on top of each other.*