



## Southbriar Swim Team

### Cudas-In-Training

Join this program, Cudas-In-Training (CIT), for children 8 years old and younger, who aren't quite ready to compete, but who are interested in learning from our coaches and gaining confidence. This is great for younger swimmers/siblings who are comfortable in the water, ready for instruction, have already had some basic swim lessons, but still need assistance getting across the pool. This is not a private swim lesson; rather CIT swimmers will strengthen their strokes to get ready for full-scale swim team. The ultimate goal of this “pre-team” program is training children to swim 25 yards in 75 seconds independently, all while having fun and discovering how great it is to be a BARRACUDA!

- **PRACTICES WILL BE WEEKDAYS IN MAY, 4:00-4:30.**
- CIT swimmers must be 4 years old by June 1<sup>st</sup>.
- The registration fee is the same as regular swim team, \$155.
- CIT swimmers may be in the Team Photo, provided they are wearing the uniform swim suit OR a solid black swim suit.
- CIT swimmers will be evaluated during Time Trials at the end of May. If they can swim unassisted for the entire 25-yard length of the pool in 75 seconds or less (with their faces in the water, without holding on to the lane ropes), then they are welcome to move up and practice/compete with the other 6 & Unders. CIT's will not practice in June.
- Check the “Pre-Team” CIT box during registration. 😊