

Beginner (Orange Group) Syllabus:

Equipment List:

Swimmers need certain equipment in order to train efficiently. You can find all of the equipment you will need on our team store at:

<https://www.swimoutlet.com/collections/championscoachingfirebirds?ref=SWIMTOPIA>

All proceeds return to the Firebirds and help continue to support the team.

Please have your athletes equipment by:

Primary Equipment Needed (ASAP):

- Team swim suit: Before the start of October. (Please allow 3 - 4 weeks for the suit to ship)
- Kickboard: Before the end of September
- Fins: Before the end of September
- Water bottle: before the first practice

Secondary Equipment (needed by the end of October) :

- Pull buoy
- Paddles
- Sports Snorkel
- At least 1 Practice Suit

Other equipment (not required but helpful):

- Net bag
- Pacers (Beepers)

Month By Month Technique Progression

Here is what is expected to be taught month by month:

Month	Primary Goals	Mandatory Swimming Skills Day Focus (Mon/Wed)	Basic Training Skills	Key Milestones
September	Water comfort Body position Intro to dolphin kicks	• Streamline position • Flutter kick fundamentals	• Lane Etiquette (Circle swimming) • Deep-water comfort (gradual	• Kids comfortable entering deeper water • Freestyle

	Intro to swimming vocab Intro to pool etiquette Freestyle foundations	• Dolphin Kicks • Breathing basics progression	exposure) • Intro to pool vocab (top, bottom, etc)	basics established • Traveling without stopping
October	Deep-end transition Backstroke Fundamentals Intro to dives	• Backstroke body line • Backstroke kick + recovery • Dive progressions (Backstroke + Freestyle) • Streamline + breakout	• Deep-end acclimation (weeks 1–2) • Flags awareness (knowing stroke count)	• All swimmers comfortable in deep water by end of month • Dives introduced before Halloween • Backstroke swimmable
November	Breaststroke fundamentals	• Breaststroke kick • Glide timing • Arm pull/pullout basics • Review free/back turns+technique • Open Turns Introduction • Continued dive work	• Continued Interval Work	• Breaststroke introduced and swimmable • Three strokes established
December	Butterfly basics + full stroke knowledge	• Single-arm butterfly • Butterfly timing • Continued open turns work (kick-kick-pull)		• ALL FOUR STROKES introduced • Kids are “SWIMMING SWIMMING” by end of month

		• Mini IMs (25 of each) • Legalities review		
January	Turns month (all strokes)	• Underwater/Lung capacity focus • Building speed focus • Raising yardage		• All turns introduced • Kids begin looking like competitive swimmers
February	IM integration + legalities	• Goal times focus • Qualifying times focus • Preparation for March swim meet		• 100 IM legally swimmable
March	Starts, breakouts, race skills	• Block dives • Breakout timing • Pacing basics • Breathing patterns • 50 free pacing • Stroke Review/Final SCY Meet Prep		• Confident starts • Kids understand race strategy
April - July	Endurance & confidence building	• Heavy/Intense training increase		• Meet readiness • Consistent legal swimming • Advancement decisions supported by data

				• Season closure • Next-year placement • Beginner → Intermediate recommendations
--	--	--	--	--