



SOUTH BRIAR SWIM TEAM

Cudas-In-Training

The Cudas-In-Training (CIT) program is specifically designed for children aged 8 and under who aren't quite ready to compete in the swim meets, but are interested in learning from our coaches, gaining confidence, and building swim skills.

CIT is a great fit for younger, less experienced swimmers who are already comfortable being in the water, have had some basic swim lessons or introduction to swimming, are ready for swim instruction, but still need assistance to swim across the pool.

The Barracudas CIT program is **NOT** private swim lessons – swimmers will be in the water alongside other similarly skilled swimmers.

CIT swimmers will receive group instruction from the Barracuda coaching team with a focus on helping to strengthen their strokes and prepare them for the “full-scale” team, and to participate in the competitive meets.

A key goal of the CIT program is to train swimmers to swim 25 yards (1 pool length) independently (and confidently), in a fun and safe pool environment, while they discover how great it is to be a South Briar Barracuda!

What else do you need to know?

- **Practices are scheduled on weekdays in May, 4:00 – 4:30PM**
- There is no dedicated CIT practice in June
- CIT swimmers must be 4 years old by June 1st
- Registration fee for CIT swimmers is \$155 – select the **CIT** option during registration
- CIT swimmers are welcome to be in the team photo, and are requested to wear their team t-shirt (included with paid registration), and either the team or solid black swim suit
- CIT swimmers are evaluated during Time Trials at the end of May and if they meet eligibility criteria, can promote to the competitive swim team:
 - Enter the water off the diving block
 - Swim 1 pool length (25 yards) unassisted, in 75 seconds or less
 - Swim with faces in the water, without holding the lane ropes, or touching/standing on the pool bottom