

COMPETE: Latin competere, *to strive together*, from Latin, *to coincide, be suitable*: com-, com- + petere, *to seek*
It's more fun when we do it together!



We swim for good times!

SWIM THE LIST CHALLENGE

B-T Aquatics encourages young athletes to train in such a manner that they develop the technical skills and conditioning required to compete with confidence at all distances in all strokes. As swimmers age and progress they may begin to develop a preference for a particular stroke and distance. Training will begin to become more individualized. However, through the developmental years of training, swimming all strokes and distances helps swimmers develop balance, postural strength, flexibility, stroke technique, and race strategies.

It's beneficial for swimmers to try different events. It's also good for swimmers to challenge themselves. It's fun to get to say, "I did it!" Here is a chance to earn the opportunity to say just that. **Swim them all!** Successful performances are reliant on putting a lot of factors together in a consistent manner on the day and the days leading up to the meet. If swimmers do this, they will achieve satisfactory performances to the level that they are capable of at that moment. Exploring a wide range of swimming strokes and events gives swimmers the best opportunity to discover their strengths.

We challenge swimmers ages 14 and under from Midwestern Swimming, Inc. registered clubs to **SWIM THE LIST** this long course season. Swimmers who successfully complete the challenge will receive an award, have their names posted on the website and at the B-T Theisen Pool, and will be invited to a celebratory Dive-In Movie / Float Fest / Pizza Party at the B-T Annual Back to Pool Day in September.

Event	Time	Date / Meet	10 & Under List	11-12 List	13-14 List
50 Free	_____	_____	50 Free	50 Free	50 Free
100 Free	_____	_____	100 Free	100 Free	100 Free
200 Free	_____	_____	200 Free	200 Free	200 Free
400 Free	_____	_____	50 Back	400 Free	400 Free
800 Free or	_____	_____	100 Back	800 Free or	800 Free or
1500 Free	_____	_____	50 Breast	1500 Free	1500 Free
50 Back	_____	_____	100 Breast	50 Back	100 Back
100 Back	_____	_____	50 Fly	100 Back	200 Back
200 Back	_____	_____	100 Fly	50 Breast	100 Breast
50 Breast	_____	_____	200 IM	100 Breast	200 Breast
100 Breast	_____	_____		50 Fly	100 Fly
200 Breast	_____	_____		100 Fly	200 Fly
50 Fly	_____	_____		200 Stroke	200 IM
100 Fly	_____	_____		(BK, BR, or FL)	400 IM
200 Fly	_____	_____		200 IM	
200 IM	_____	_____			
400 IM	_____	_____			



B-T AQUATICS SWIM THE LIST ENTRY

Swimmer Name (First MI Last): _____

U.S.A. Swim Number: _____ 10&U 11-12 13-14 Male ___ Female ___

Contact Name: _____ Telephone or Email: _____

It's easy to participate, and it's free! Use this **SWIM THE LIST** entry form. Enter your times and meet information. All challenge entries must be returned or electronically submitted by August 31. Questions? 402.556.1205 or aquatics@brownell.edu
 Mail to: B-T Aquatics, 400 N. Happy Hollow Blvd., Omaha, NE 68102 or Email: aquatics@brownell.edu