

Movement Between Age Group Workouts

Below is the general progression of training groups within Golden West Swim Club, based on the policies and practices that the coaching staff is following. Exceptions to these policies are possible and the policies are subject to change at any time.

Our **Pathways** program is GWSC's introductory program. It is primarily intended for 10 and under swimmers who wish to explore competitive swimming and determine if they wish to enter it as a sport.

Age Group Beginning and Age Group Younger are the competitive training groups for 10 and under swimmers until they have Junior Olympic Qualifying Times (JO "Q" Times). When they make JO "Q" times and the coaches agree, the swimmers may begin swimming with Age Group Elite. There will be very few, if any exceptions to this.

Swimmers who are 11-13 years old participating **Age Group Older** will be allowed to move up to the Sr. 1 group when their age and skills are appropriate, typically at 14 years old. They **SHOULD** have JO "Q" times before moving in to the Age Group Elite Program. However, if there is a good reason and a high expectation of near future qualifying, and all coaches agree, a swimmer may go to Age Group Elite before actually doing the time.

Age Group Elite swimmers should move to the Sr 1. program when they turn 14 and their skill level is appropriate. They should move into the Senior Elite program when they have developed the skill, desire and commitment to become top level swimmers. This usually occurs when they are 13 years old; however, exceptions for special talent or later development are always considered when it is appropriate.

