

AQUASTAR GROUP REQUIREMENTS (revised 10/13)
Head coach may exercise discretion in unusual circumstances

RED: 45 minute practice sessions, \$75/month

1. Must be at least 5 years old
2. Must be able to swim 25 yards upon request, without aid and without stopping, under 1:00
3. Must be able to accept instruction
4. Must be able to use kickboards
5. Expected to attend 40% of practices

WHITE: 90 minute practice sessions, \$85/month

1. Must be at least 7 years old
2. Must be able to swim 25 yards legally in all 4 strokes, verified by official times
3. Must have 3 50s under :50 SC (1:00 LC) or 3 100s under 1:50 SC (2:00 LC), 3 different strokes.
4. Must be able to accept instruction
5. Must be able to use kickboards, pull buoys hand paddles, and practice clock
6. Expected to attend 50% of practices

AQUA: 90 minute practice sessions, \$90/month

1. Must be at least 9 years old, satisfy White requirements, and
2. Must have earned times in at least three of the following five event categories (10&U G A):

50 free—31.89Y, 36.29L	100 free—1:11.39Y, 1:21.19L
50 back—37.99Y, 43.49L	100 back—1:21.79Y, 1:34.79L
50 breast—41.99Y, 48.09L	100 breast—1:32.39Y, 1:46.49L
50 fly—36.69Y, 41.49L	100 fly—1:25.29Y, 1:36.79L
100 IM—1:21.39Y	200 IM—2:54.19Y, 3:17.59L
3. Expected to attend 60% of practices

BLUE: 120 minute practice sessions, \$95/month

1. Must be at least 11 years old, satisfy Aqua requirements, and
2. Must be able to repeat 50s of all strokes under 1 minute in practice (at least 4)
3. Must be able to use shoes, fins, kickboards, pull buoys, hand paddles, and practice clock
4. Expected to attend 60% of practices
5. Must have earned times in at least three of the following five event categories (11-12 G A):

50 free—29.39Y, 33.39L	100 free—1:03.09Y, 1:12.89L
50 back—33.29Y, 38.49L	100 back—1:12.69Y, 1:23.29L
50 breast—37.49Y, 42.09L	100 breast—1:21.69Y, 1:33.79L
50 fly—31.89Y, 35.79L	100 fly—1:12.49Y, 1:21.89L
100 IM—1:13.09Y	200 IM—2:36.39Y, 2:58.59L
6. Expected to attend at least three meets per season, including an end-of-season championship meet

GOLD: 120 minute practice sessions, \$95/month

1. Must be at least 13 years old, satisfy Blue requirements, and
2. Must repeat swims of 100s of all strokes under 1:40 and kicks under 2:00 in practice
3. Expected to attend 70% of practices
4. Must have earned times in at least three of the following five event categories (13-14 G AA):

100 free—58.69Y, 1:06.79L	200 free—2:06.49Y, 2:23.89L
100 back—1:04.29Y, 1:13.99L	200 back—2:18.29Y, 2:38.69L
100 breast—1:13.49Y, 1:24.49L	200 breast—2:39.39Y, 3:02.89L
100 fly—1:03.89Y, 1:12.39L	200 fly—2:21.69Y, 2:38.79L
200 IM—2:22.29Y, 2:43.89L	400 IM—5:02.69Y, 5:45.39L
5. Expected to attend at least three meets per season, including an end-of-season championship meet

SENIOR I: 120 minute practice sessions, \$95/month

1. Must be at least 15 years old
2. Must be in High School
3. Expected to attend senior and/or sectional meets

SENIOR II: 120 minute practice sessions, \$95/month

1. Must be at least 15 years old and in High School
2. Must satisfy GOLD requirements
3. Expected to attend senior and/or sectional meets
4. Expected to attend at least 3 meets per season, including an end-of-season championship meet