



Annapolis Swim Club- AOSC Stars Program



ASC is proud to sponsor our Stars Program! This program is designed to outline concrete goals for each of our groups so that swimmers can work toward meeting these challenges in keeping with the club's philosophies. A swimmer earns a star pin each time they accomplish a step/goal designated for their practice group. Steps that consist of a practice set must be set up by the coach; the coaching staff will determine when a swimmer has met each step. Each step must be completed IN ORDER and one at a time. Once a swimmer has earned the first 4 stars and met the 5th goal, they turn the stars into the coach and receive an ASC pin to represent their accomplishments! Each step is a challenge and the program is geared to facilitate passion and excitement about competition while rewarding hard work and dedication. Some steps require a special time set up between you and the coaches. Each set must be swum with good breathing patterns, technique, turns (if required) and effort.

Red Hots

1. 80 practice attendance for one month
2. Complete one 25 side flutter and 25 back flutter in the streamline position
3. Complete a legal 25 backstroke
4. Complete a 25 freestyle with bilateral breathing
5. Compete in either a 25 fly or the 25 breaststroke legally

Green Group

1. 80% practice attendance for one month
2. Complete 10 x 25's free on :50.
3. Compete in a legal 25 breaststroke and 25 butterfly
4. Compete in a legal 100 I.M.
5. Achieve a 9-10 "B" time in at least one event

Blue Group

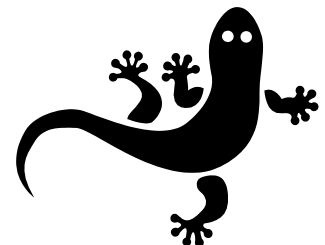
1. 85% practice attendance for one month
2. Complete a legal 100 I.M. in a meet
3. Complete 10 x 50's Free on 1:00 with bilateral breathing w/flip turns
4. 9-10 "A" time in 2 different strokes
5. Successfully attain at 2 All-Star (MD State Championship Meet) qualifying times.

Yellow

1. 80% practice attendance for one month
2. Complete 10 x 25's Free on :50.
3. Compete in a legal 25 breaststroke and 25 butterfly
4. Compete in a legal 100 I.M.
5. Achieve a 9-10 "B" time in at least one event

Purple

1. 80% practice attendance for one month
2. Complete 10 x 100's Free on 1:30.
3. Complete 5 x 200's I.M on the 3:30.
4. Achieve an "A" time in two events
5. Successfully attain 2 All-Star qualifying times





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Bronze

1. 80% practice attendance for one month
2. Complete 10 x 100's Free on 1:20.
3. Complete 5 x 200 I.M's on the 3:00.
4. Achieve three "AA" times in two strokes
5. Final at All-Stars

Silver

1. 85% practice attendance for one month
2. Complete 10 x 100's Free on 1:25.
3. Complete 5 x 200 I.M's on the 3:15.
4. Achieve an "A" time in three different events
5. Successfully attain one Top 16 reportable time standard

Gold

1. 100% practice attendance for one month
2. Achieve "AAA" times in two different strokes
3. Achieve one Sectional cut time
4. Final in Sectionals
5. Achieve an Olympic Trial Cut.

