

Bismarck Aquatics Swim Groups

Swim Team levels

5 Groups: 1. Developmental; 2. Age group 1; 3. Age group 2; 4. Senior; 5. National

We will run try outs for the first week of each season as well as during the first week of January.

We will run test day on the last Thursday of every month.

1. Developmental

Requirements	Promotion Expectation	Character Development	Social Skills	Nutrition
Swim 25 yard Free and 25 Yard Back w/o assistance. Jump into water w/o assistance. 5 and Up.	Swim 100 IM legally. Streamline off walls. Approach to flip turns. Front Start. Do all four competitive kicks.	Respectful of parents, swimmers, and coaches Respectful of pool.	Good listening skills. Understands lane etiquette: circle swim, 5 sec apart, pace clock.	Parents are expected to offer good food choices.

Time Management	Team Commitment
Practice 2 times/ week. Parents will make sure swimmer is on time for practices and meets.	Wears Club gear to school at least once a week. Competes in one home meet. Learns one cheer.

2. Age group 1

Requirements	Promotion Expectation	Character Development	Social Skills	Nutrition
Swim 100 IM legally. Do 1 flip-turn (Fr or Ba). Streamline off walls. Front Start. 2 or more State time. 7 and Up.	Swim 3x200 IM legally. Perform 6x100 Swim Fr on 2:00. Perform 6x100 Fr Kick on 2:45. Develop consistent practice attendance. Develop stroke (IM) efficiency. Perform all turns and push-offs efficiently.	Respectful of parents, swimmers and coaches. Congratulates teammates Respectful of pool and equipments.	Good listening skills. Respectful of other swimmer: no splashing or touching	Parents are expected to give good food choice.

Time Management	Stress Management	Team Commitment
Practice 3 times/ week.	Controls emotions at practice and meets.	Wears Club gear to school at least once a week. Competes in one home meet and one away meet. Learns 2 cheers.



3. Age group 2

Requirements	Promotion Expectation	Character Development	Social Skills	Nutrition
Swim 3 x 200 IM legally. Swim 6 x 100 Free on 2:00. Kick 6 x 100 Free on 2:45. Dryland (1-2 a week). 5+ State qualifying time. 9 and Up.	Swim 1 x 400 IM legally. Compete in all events available. Swim 8 x 100 Free on 1:45. Kick 8 x 100 Free on 2:25. Swim 8 x 100 IM on 2:00. Practice attendance (94%). Goals Settings/ Leadership. Imer efficient.	Respectful of parents, swimmers and coaches. Congratulates teammates. Respectful of pool and equipments. Understands lane etiquette.	Good listening skills. Respectful of other swimmers. Meeting swimmers from other teams.	Brings a water bottle to practice. Understands what a healthy snack is. Parents are expected to give good food choice.

Time Management	Stress Management	Team Commitment
Practice 4 times/ week. Informs coach of practice absence and reason. Understands the importance of rest.	Controls emotions at practice and meets. Understands meet performance.	Wears Club gear to school at least once a week. Competes in home meets and two away meets. Learns 4 cheers.

4. Senior group

Requirements	Promotion Expectation	Character Development	Social Skills	Nutrition
Swim 8 x 100 Free on 1:45. Kick 8 x 100 Free on 2:25. Swim 8 x 100 IM on 2:00. State qualifiers (5 or more). Willing to swim all events. Dryland (2-3 times/ week). Accurately counts practice distances and set repetitions. 12 and Up.	Swim 10 x 100 Free on 1:15. Kick 10 x 100 Free on 1:50. Swim 10 x 100 IM on 1:35. Competed in all available events. 1 Zones or Sect or Jnats or Nats cut time. Leadership/ Active with club fundraising and other activities.	Respectful of parents, swimmers and coaches. Congratulates teammates Respectful of pool and equipments. Understands lane etiquette. Demonstrates proper meet behavior.	Swimmer is not influenced by negative behavior or action of teammates. Understands and take responsibility for attendance, habits in practice and how these relates to meet performance Good listening skills. Respectful of other swimmers. Meeting swimmers from other teams.	Brings a water bottle to practice. Eats healthy snacks. Parents are expected to give good food choice. Demonstrates eating a balanced diet.

Time Management	Stress Management	Team Commitment
Practice at least 5 times per week. Understands the importance of rest. Prioritize school work, family time, social activities including swimming.	Controls emotions at practice and meets. Understands meet performance. Visualize positive outcomes.	Wears Club gear to school at least once a week. Competes in home meets and away meets. Leads cheers. Actions show dedication to the team.



5. National group

Requirements	Goals of the Group	Character Development	Social Skills	Nutrition
Swim 10 x 100 Free on 1:15. Kick 10 x 100 Free on 1:50. Swim 10 x 100 IM on 1:35. 1 Zones or Sect or Jnats or Nats cut time. Dryland (3 times/week). 13 and Up.	Make Junior or National Team. Get college scholarship. Stay a straight A student. Ambassador of the team. All American Status. Help coaching with younger group Commitment level.	Understands the importance of TEAM. Congratulates teammates regularly. Leads by example.	Meeting swimmers for other teams Be on time.	Brings a water bottle to practice. Eats healthy snacks. Parents are expected to give good food choice. Has a healthy balanced diet.

Time Management	Stress Management	Team Commitment
Practice at least 8 times per week. Prioritize school work, family time, social activities including swimming.	Shows the strength of positive thinking. Practices visualization.	Wears Club gear to school at least once a week. Competes in home meets and away meets. Leads cheers. Actions show dedication to the team and team values. Attends the highest level the club attends.

