

GROUP PROGRESSION CHART

Revised 9-19-11

	Age	Standards	Attendance	Workouts per week	Dryland	Swim
Senior Groups						
Senior II	13-older	2 x Sectional Standards	90%	6-8 Afternoons, mornings, Saturdays	40-45 min	120-140 min
Senior I	High School	1 x "Age-Group Champ" Standard	85%	6 Afternoons, Saturdays	30 min	120 min
Varsity	High School	Legal Strokes	N/A	4 Afternoons	N/A	90 min
Age-Groups						
Gold 12-14	12-14	3 x "Spring JO" standards	90%	6 Afternoons, Saturdays	30 min	105 min
Gold 9-11	9-11	3 x "Spring JO" standards	90%	6 Afternoons, Saturdays	30 min	105 min
Silver 12-14	12-14	3 x "Blue" standards	85%	6 Afternoons, Saturdays	30 min	90 min
Silver 9-11	9-11	3 x "Blue" standards	85%	6 Afternoons, Saturdays	30 min	90 min
Bronze III	13-14	Legal Strokes	60%	4 Afternoons	15 min	60 min
Bronze II	11-12	Legal Strokes	60%	4 Afternoons	15 min	60 min
Bronze I	9-10	Legal Strokes	60%	4 Afternoons	15 min	60 min

Developmental Groups									
Sharks	Can complete an hour and 15 minute practice session	Swim the four strokes legally and have three SCS "Blue" times in at least two different strokes	Show proficiency on Turns	Show proficiency on Starts	Are motivated to swim fast. Listen to the coaches' advice	Attend long and short course swim meets (both days). Trying to improve strokes and races. Should keep track of their times	Are courteous with other swimmers in the pool	Know that their attitude affects how they swim and start to control their mood and swim better.	Come to practice at least four times per week and can read the pace clock to leave on given intervals.
Dolphins	Can complete a one-hour practice session	Can swim the four strokes legally, with flip turns and without stopping for at least 50 yards	Execute starts from the diving blocks and hold a streamline	Perform legal turns in all four strokes	The four strokes have good form	Race at swim meets preferably both days and try to improve strokes and races	Are courteous with other swimmers in the pool	Understands that their attitude affects how they swim	Come to workout at least from at least 3-4 times per week, and begin to read the pace clock to leave at given intervals
Seals	Can complete a 45 minute practice session	Can swim 4x50 freestyle, and 4x25 backstroke, breaststroke and butterfly legally	Dive off the deck and start diving off the blocks	Have knowledge of flip turns	Listen, pay attention, and try to follow the coaches' instructions	Race at swim meets at least one day per meet	Are courteous with other swimmers in the pool	Understand that they are part of a team	Come to workout at least three times per week.
Sea Otters	Can complete a 45 minute practice session	Swim 25 yards freestyle and backstroke with legal form. Have general knowledge of the breaststroke	Start and finish at the wall.	Jump off the deck	Can hold a streamline	Start going to swim meets at least one day per meet.	Can somersault in the water	Listen, pay attention, and try to follow the coaches' instructions	Come to workout at least three times per week