

**Santa Maria Swim Club
Group Move-up Criteria**

BRONZE

1. Swims freestyle and backstroke with legal form.
2. Can complete a 30 minute practice session
3. Can perform a continuous swim for 5 minutes.
4. Starts and finishes at wall.
5. Begins to use pace clock.
6. Maintain prone streamline from push. (Varying depth and for one and a half body lengths.)
7. Execute a breakout from a push.
8. Propel self in prone position for 25 yards.
9. Propel self in supine position for 25 yards.
10. Can scull in deep water, maintaining vertical position.
11. Freestyle: Completes 25 yards and can breath on both sides.
12. Backstroke: Completes 25 yards with some hip roll.
13. Can dive from edge.
14. Can complete an open turn.
15. Breaststroke kick is very close to legal
16. Can dolphin kick with arms at sides.

Cognitive:

1. Which letter of alphabet best describes the freestyle pull pattern?
2. The swimmer understands that he/she is part of a team.
3. Has good listening skills.
4. Swimmer knows the team name and colors.
5. Swimmer knows teammates' and coach's names in their practice and other group names and coaches.