

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

GOLD

Training Criteria

1. Can complete the following practice sets:
 - 3 x 200 IM @ 3:50
 - 6 x 100 Kick @ 2:40
 - 8 x 100 Free @ 2:30
 - 1 x 400 IM Legally
 - 1 x 25 underwater swimming, no breath
2. Accurately counts and computes distances.

Competitive Performance

1. Has competed in all of the events offered in his/her age group and has met all of the following time standards in a Sanctioned USA Meet.
 - 100 Freestyle 1:20
 - 100 Backstroke 1:30
 - 100 Breaststroke 1:40
 - 100 Butterfly 1:35
 - 200 IM 3:15
2. Can complete a 500 Freestyle with good technique, turns and attitude.
3. Has shown that he/she can display proper meet behavior -- getting in for warm-up, warmdown, talking to coach before/after race and arriving on-time for event.
4. Has competed in at least 6 swim meets in the past competitive year.

Biomechanics

1. Perform a **legal** 200 and 400 IM
2. Can complete one length of freestyle using the same time or faster as a previous length, but reducing number of strokes taken by one.
3. Can complete one length of backstroke using the same time or faster as a previous length, but reducing number of strokes taken by one.
4. Can accomplish 2 and 3 from above, using breaststroke.
5. Can accomplish 2 and 3 from above, using butterfly.
6. Butterfly
 - Complete 50 yards of legal butterfly with 4 dolphin kicks off each wall
7. Breaststroke
 - Complete 50 yards of legal breaststroke with pulldowns extending beyond flags.

Physiology

1. Can perform a T-30 or other threshold set at least one time per season.
2. Understand purpose of heart rate measurement.
3. Can measure their own resting and exercise heart rate.
4. Begins understanding importance of flexibility to training and performance.

Character Development and Life Skills

1. Demonstrates a higher level of sportsmanship than in Silver Group.
2. Swimmer attends the recommended meets and understands importance of being on-time for warm-up.
3. Swimmer begins learning the importance of challenging oneself in practice and at meets.
4. Swimmer exhibits an understanding of the importance of attendance.
5. Swimmer is not influenced by the negative behavior of teammates in practice.

Psychological Skills

1. Understands 3 levels of nervousness (good/bad/not enough)
2. Can perform belly breathing to calm nerves and prepare for racing.
3. Understands positive self-talk
4. Understands the value of setting goals to improve performance.
5. Is able to accept criticism from coach.
6. Understands that criticism is critique of skills, not person.

Other Criteria

1. Gold and Presenior and Head Coach must approve move-up to Presenior level.
2. Parent meeting must take place between involved coaches and parent of potential move-up to explain increased demands of training and attendance.
3. Must be a minimum of age 10 to move-up. Age 11 is preferred but the coaching staff recognizes that some individuals develop at a quicker rate and should be accommodated.