

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

SILVER

Training:

1. Can complete the following practice sets:
 - 6 x 50 Free
 - 6 x 50 Back
 - 6 x 50 Breast
 - 6 x 50 Fly (Fins)
 - 6 x 50 Kick
2. Accurately counts and computes distances.

Competitive Performance:

1. Has participated in competitive situations for the primary purpose of skill development (i.e. time trials, intra-squad meets, dual meets, candy bar meets and other entry level competitions.)

Biomechanics:

1. Physical:
 - Execute a start from blocks. Hold streamline for 1.5 body lengths, initiate a kicking action for one body length and progress to surface with a pull.
 - Execute a legal freestyle, backstroke, butterfly and breaststroke turn including an approach of at least 10 yards.
 - Complete progressions for breaststroke and butterfly.
2. Butterfly:
 - Complete 25 yards legal butterfly.
 - Demonstrate correct timing of the pull, kick and breath during butterfly.
 - Demonstrate undulating motion during stroke.
3. Breaststroke:
 - Complete 25 yards of legal breaststroke.
 - Demonstrate correct timing of the pull, kick and breath during breaststroke.
4. Performs 100 yards individual medley with legal technique.
5. Cognitive:
 - Can count stroke cycles for freestyle for 25 yards.
 - Can count stroke cycles for backstroke for 25 yards.
 - Can count stroke cycles for butterfly for 25 yards.
 - Can count stroke cycles for breaststroke for 25 yards.
6. Physiology:
 - Can perform a continuous swim for 10 minutes.
 - Understands that energy for exercise is derived from nutrition.
7. Character Development and Life Skills:
 - Demonstrates an understanding of sportsmanship/championship behavior. (i.e. no throwing goggles, congratulates opponents.)
 - Treats other swimmers, coaches and parents like they want to be treated.
 - Talks to coach before and after each race.
 - Work ethic:
 - Leave on time for sets.
 - Start and finish at wall.
 - Swim set as intended -- no free on fly etc.

- Swims the entire set (no touching bottom, counts accurately)
- Time management:
 - Swimmer turns in appropriate team paperwork on time (meet entries, release forms, etc.)
- Commitment and team loyalty:
 - The swimmer will know some history of the team.
 - Choses a swimming hero and knows the event they compete in.
 - Takes pride in being a member of the team, demonstrated by:
 - participating in team cheers,
 - knowing the coaches' names
 - supports and cheers for teammates during swims (practice or meets)

8. Psychological Skills

- Can describe the mind/body connection (thoughts ---> tight muscles ----> performance)
- Understands the role of failure and learning from mistakes; understands that this is essential to becoming a champion.
- Has a general understanding of the effect of negative self-talk on performance (Garbage in, garbage out.)

9. Coach Approval

- Must have both group coach's approvals to move up.