



# ARKANSAS DOLPHINS

## SWIM TEAM

# GROUP MOVEUP CRITERIA

Moving a swimmer up into the next training group is an important decision and one that is not taken lightly. As you can see from looking through these criteria and the placement charts, it is not just about the athlete being able to swim fast or demonstrate appropriate technique. It is also about the athlete's ability to handle (physically and mentally) the training, the increased responsibilities that come with promotion to the next group, and the higher commitment level that is required. So, while an athlete may be physically able to train at the next level, if he/she does not yet possess the maturity and attitude to train at that level, he/she remains at their current level to allow time and experience for those necessary skills to develop. It may also allow an athlete being held in a given training group the opportunity to develop his/her leadership skills. This is sometimes felt to be more important than simply having the physical ability to handle the training load at the next level. Emphasis on long-term development and on concern for development of the person and then the athlete will always be considered before an athlete is moved up. Below is a guideline that we use to evaluate the progression of the athlete.

### **STROKE & SKILL DEVELOPMENT:**

It is imperative that each swimmer demonstrates mastery of the skills taught in their current group before move up will be allowed.

### **LEVEL OF COMMITMENT & DESIRE:**

Swimmer makes choices in practice attendance, work ethic, & meet attendance that demonstrate willingness to make the commitment necessary and a desire to train at the next level.

### **TRAINING:**

Consistently trains above the level of the current training group. Can make the training sets required to move to next level.

### **LEVEL OF MATURITY & ACCOUNTABILITY:**

Exhibits a level of maturity and accountability typical of swimmers at the next level.

### **AGE:**

Age is a factor that we consider before a swimmer moves up a training group. This is important for the long term development of the athlete.

### **MEET PERFORMANCE:**

Participates in the recommended meets for his or her current level. Participates in all events required of USA Swimming IMX scores before one can be considered moving into the age group and senior tract.

### **SPACE AVAILABILITY:**

Maintaining a proper lane capacity ratio as well as coach to swimmer ratio will be considered upon moving an athlete into a training group.

### **ATTITUDE:**

Demonstrates an attitude and respect that is conducive and beneficial to the next training group.