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| **Group Guidelines** |

STARFISH SWIM CLUB

Squad Guidelines & Requirements

Updated August 14, 2018

Please Note: The final decision regarding move-ups will be at the discretion of the coaching staff.
\* In order to move up to the next training squad, one must meet all the requirements of the squad, including time standards, as well as maintaining the required attendance percentile for the previous month.
\*\* Move-ups will be conducted three times throughout the year: April, September, and December.

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| **Pre-Competitive Squad** |

**Pre-Competitive Squad Guidelines & Requirements**

**Practice Schedule Outline**

* Two practices a week.
* Practice length: 45-60 minutes.
* Practice sites are Siena College, Niskayuna High School and R-C-S Aquatic Center.

**Group Focus**

* Entirely technique based.
* Learning the basics of all four competitive strokes.
* Gain experience in intra-team meets as well as local Adirondack Meets.
* Develop a positive relationship with swimming.

**Group Requirements**

• Ages 5 - 10.
• Must be able to complete 25 yards in both Freestyle and Backstroke.

Please Note: The final decision regarding move-ups will be at the discretion of the coaching staff.
\* In order to move up to the next training squad, one must meet all the requirements of the squad, including time standards, as well as maintaining the required attendance percentile for the previous month.
\*\* Move-ups will be conducted three times throughout the year: April, September, and December.

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| **Age Group Level I** |

**Level I Guidelines & Requirements**

**Practice Schedule Outline**

* Three to Four practices a week
* Practice length: 1-2 hours.
* Practice sites are Siena College, Niskayuna High School and R-C-S Aquatic Center.

**Group Focus**

* Legalizing all four competitive strokes.
* Develop good practice habits (ie: attendance, be on time, listening to coaches’ instructions)
* Introduce swimmers to drills with focus on body awareness.
* Practices are 85% technique, 15% training.
* Gain experience in intra-Starfish meets as well as local Adirondack Meets.
* Introduction to interval training.

**Group Requirements**

• Ages 6 - 10.
• Must have a basic knowledge of all four competitive swimming strokes.

Please Note: The final decision regarding move-ups will be at the discretion of the coaching staff.
\* In order to move up to the next training squad, one must meet all the requirements of the squad, including time standards, as well as maintaining the required attendance percentile for the previous month. \*\* Move-ups will be conducted three times throughout the year: April, September, and December.

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| **Age Group Level II** |

**Level II Guidelines & Requirements**

* Four to Five practices a week.
* Practice length: 1.5 to 2 Hours
* Practice Sites are Siena College, Schenectady High School, Niskayuna High School and R-C-S Aquatic Center

**Group Focus**

* Learning and practicing more advanced drills, focusing on increasing efficiency of the four competitive strokes.
* Learn and implement race strategies during meets.
* Practices are 65% technique, 35% training
* Use complicated interval training on a daily basis.

**Group Requirements**

* 8 – 13 years of age.
* Attend Starfish hosted meets, Gold Championships, & other suggested local meets.
* All 10 & Under squad members must have achieved 10 & Under “B” time standard in at least two different strokes.
* 11 & Over squad members must have achieved 11-12 “B” times.

Please Note: The final decision regarding move-ups will be at the discretion of the coaching staff.
\* In order to move up to the next training squad, one must meet all the requirements of the squad, including time standards, as well as maintaining the required attendance percentile for the previous month.
\*\* Move-ups will be conducted three times throughout the year: April, September, and December.

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| **Age Group Level III** |

**Level III Guidelines & Requirements**

**Practice Schedule Outline**

* Six practices a week.
* Practice length: 2 hours
* Practices are held between Siena College, Schenectady High School, Niskayuna High School and R-C-S Aquatic Center

**Group Focus**

* Learn and practice more advanced drills, focusing on increasing efficiency in all four competitive strokes.
* Practices are 50% technique, 50% training.
* Use complicated interval training on a daily basis.
* Fine tuning racing skills as well as utilizing race strategy.
* Learn to push themselves in practice. Become prepared for Senior level competitions.

**Group Requirements**

* 9 - 13 years of age (Must be 13 two months prior or following Gold Championships).
* Attend Starfish hosted meets, Gold Championships, & other suggested local meets.
* Attend suggested travel meets.
* If 10 years old, must have at least a 10 & Under “AA” time standards.
* If 11 & Over, must have a Gold Championship Qualifying Time.
* Required attendance policy of 70% practices attended a week.
* Successfully complete training set of 10 x 100 Yard Freestyle on 1:40