

Group Standards

Bronze

Swim across pool on stomach and back

Silver

Commit to 3 practices a week

50 free

50 back

25 fly

25 breast

Blue Iron Dolphin cap

Gold

Commit to 4 practices a week

11-12 JO cuts

Silver Iron Dolphin cap

Senior

Must be in 9th grade or up

National

Attends 14 hours of practice a week

Gold Iron Dolphin Cap