

Mat Su Sabre Entry and Exit Requirements

Entrance Requirements:

Technical:

12.5 yards Butterfly (one half pool length)

25 yards Breaststroke (one full pool length)

25 yards Backstroke (one full pool length)

50-100 yards Freestyle (2-4 full pool lengths)

-Must show ability to maintain a sustainable rhythmic breathing pattern with complete exhale underwater and inhale above water.

Qualitative:

-Must demonstrate ability to take direction in a productive way.

-Must demonstrate ability to absorb information and make technical changes.

Most of our recently-accepted athletes have entered and/or completed level 5 in the Red Cross lessons. Some new members have been enrolled in level 4 of the Red Cross program a few times, yet have not passed because of difficulty mastering one or two specific technical details. The tryout will determine whether the athlete is ready for the challenge of a competitive-team practice, or needs more specific one-on-one attention found in a lesson program.

Mat Su Sabre Exit (Mat Su Novice Entrance) Requirements:

Technical:

25 yards Legal Butterfly with proper push-off and finish

50 yards Legal Breaststroke with Proper push-off and finish

100 yards Backstroke with legal turns and finish

200 yards Freestyle in 4:10 or faster

Must use blocks in competition and practice (when available)

Practice Requirements:

- Must demonstrate a basic understanding of clock work during practice sets.
- Must demonstrate ability to listen to directions from coaches quietly and attentively without distracting teammates or coaches.

- Must display proper lane etiquette by swimming in a circle pattern; leaving 5 seconds apart during practice sets; and when necessary, pass politely and let those passing, do so.

At all times:

- Demonstrate a positive attitude toward self and others.
- Demonstrate good sportsmanship and team spirit.
- Demonstrate enthusiastically in team cheers and meetings.

Nutritional Requirements

- Must bring water bottles to practice and meets.

Competitive Requirements

Must demonstrate the following meet skills:

- Brings all equipment (suit, team cap, water bottle, goggles, towel, and deck clothes)
- Arrives on time for the meet warm-up and checks in with coach prior to warm-up
- Checks in with coach before and after each race.
- Gets time from timer to report to coach after a race.
- Attends and participates in all team meetings and cheers.
- Encourages and cheers on teammates.

Exit Requirements

- Must participate in parent/coach/swimmer conference to discuss expectations and determine readiness for graduation.

Note: Meeting all technical requirements does not guarantee advancement. As coaches, we look for consistency in skill mastery on multiple levels to ensure that every move-up is a positive step in the development of our athletes and practice groups. Move-ups will not be achieved by skill and speed alone. To assist in well-rounded development, our coaches will stress the importance of mastering both quantitative and qualitative goals: skill and speed along with behavior, focus, attitude, and consistent practice habits. By these standards, our team will remain a statewide leader in competition, sportsmanship, and character.