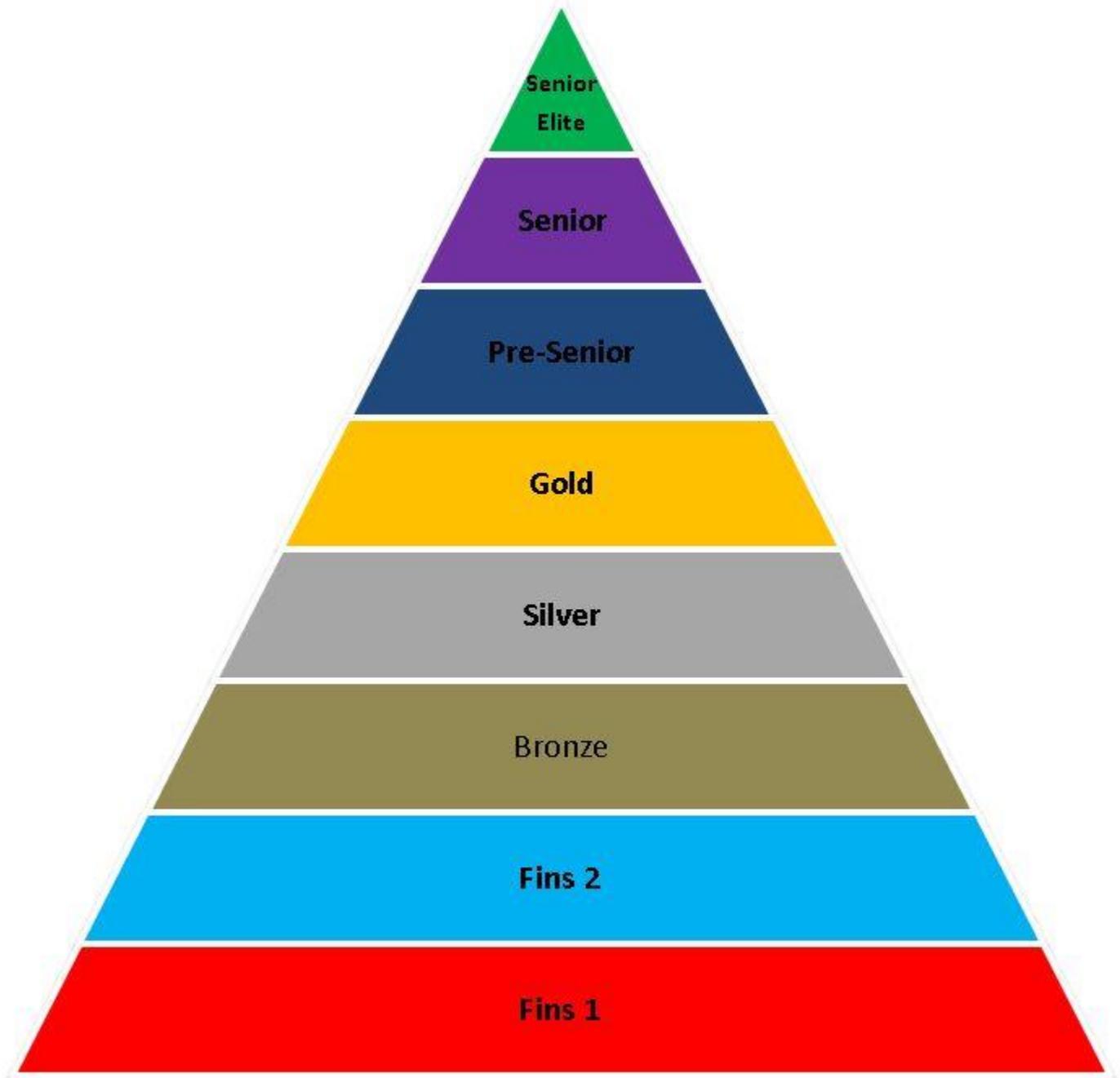


YWSF Swim Team Group Pyramid



Training Group Descriptions/Move Up Requirements

All group moves will be determined by the coaching staff

Fins I:

Ages: 5 – 9 years old

Daily training: 30 minutes, x 4/week

Daily yards: 200 – 500 yards

Goals: Introduce all four strokes, streamlining, workout etiquette, develop body awareness within the water, fun and foster interest in sport of swimming.

Entrance into Fins I group: Demonstrate to be able to swim across length of pool unassisted without stopping and be in Kindergarten through second grade (5-8 years old).

Equipment: YWSF swim cap, pair of goggles, kickboard and a water bottle for practice.

Move ups will not happen within 30 days of a Championship meet or the seasons focus meet. Move up requirement from Fins I – Fins II:

- 1 Intra-squad meet
- 50 Freestyle & 50 Backstroke; no stopping
- 25 Butterfly & 25 Breaststroke ; no stopping

Fins II:

Ages: 7 - 10 years old

Daily training: 60 minutes, x 4/week

Daily yards: 500 -1500 yards

Goals: Build on all four strokes, streamlining, kicking development, workout etiquette, develop body awareness within the water, fun and foster interest in sport of swimming.

Entrance into Fins II group: If joining the Team, be in 3rd grade and be able to swim across the pool unassisted. If the athlete is moving into Fins II from Fins I group and is in 1st or 2nd grade, they must have completed the Fins I - Fins II move up requirements. Once an athlete has completed 3rd grade and is still within the Fins II group, that athlete will be moved into the Bronze group.

Equipment: YWSF swim cap, pair of goggles, kickboard, fins and a water bottle for practice.

Move ups will not happen within 30 days of a Championship meet or the seasons focus meet. Move up requirements from Fins II into Bronze:

- One (1) sanctioned home meet
- Attend a practice every week

- 50 Fly & 50 Breaststroke; no stopping
- 100 Free & 100 Back; no stopping
- 100 IM; no stopping
- Have an official time in three legal strokes of any distance (including 25's)

Bronze:

Ages: 9 - 12 years old

Daily training: 75 minutes, x 4/week

Daily yards: 1000 -2000 yards

Goals: Swim all four strokes legally, foster ability to kick, workout etiquette, build upon body awareness within the water, core body development, fun and foster interest in sport of swimming.

Entrance into Bronze group: If joining the Team, be in 5th grade and be able to swim across the pool and back unassisted (50 yards). If the athlete is moving into Bronze from Fins II group and is in 2nd, 3rd or 4th grade, they must have completed the Fins II-Bronze move up requirements. Once an athlete has completed 5th grade and is still within the Bronze group, that athlete will be moved into Silver group.

Equipment: YWSF swim cap, pair of goggles, kickboard, fins and a water bottle for practice.

Move ups will not happen within 30 days of a Championship meet or the seasons focus meet. Move up requirements from Bronze to Silver:

- 6x50 freestyle kick w/board on 1:30, held under 1:10 for all six 50's
- 25 no breath swim with fins on
- All Individual Medley turns to be legal with an official time in the 100 IM
- Attend practice twice a week
- Legal Breaststroke pull down
- Participate in all home hosted meets

Silver:

Ages: 9 – 13 years old

Daily training: 75 to 90 minutes, x 5-6/week

Daily yards: 2000 - 4000 yards

Goals: Competing regularly in swim meets, streamlining, foster ability to kick, build the ability to dolphin kick off all walls in a streamline position, introduce dryland workouts, incorporating pace clock management, fun and foster interest in sport of swimming.

Entrance into Silver group: If joining the Team, be in 7th grade and be able to swim across the pool and back unassisted (50 yards) in both backstroke & freestyle. If the athlete is moving into Silver from Bronze group and is in 3rd - 6th grade, they must have completed the Bronze-Silver move up requirements. Once an athlete has completed 7th grade and still within the Silver group, that athlete will be moved into Gold group.

Equipment: YWSF swim cap, pair of goggles, kickboard, fins, pull buoy and a water bottle for practice.

Move ups will not happen within 30 days of a Championship meet or the seasons focus meet. Move up requirement from Silver to Gold:

- Three (3) dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 6x75 freestyle kick w/board on 2:00, held under 1:30 for all six 75's
- 5x25 Free on 30 seconds with the ability to read clock send offs
- Attend practice three times per week
- To have achieved 3 AZ State Times, for 10 & under age group (regardless of age)
- Competed in a sanctioned meet in the following events with an official time;
- 100 Fly
- 200 IM
- 400/500 Free

Gold:

Age: 10 – 13 years old

Daily training: 90 to 120 minutes, x 6-8/week

Daily yards: 2500 - 4000 yards

Goals: Competing regularly in swim meets including Far Westerns, streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, introduce dryland workouts, incorporating pace clock management, fun and foster interest in sport of swimming.

Entrance into Gold group: If joining the Team, be 13 years old (7th grade) and be able to swim across the pool three times unassisted (75 yards) in both backstroke & freestyle. If the athlete is moving into Gold from Silver group and is in 4th - 6th grade, they must have completed the Silver-Gold move up requirements. Once an athlete has

completed the summer after 7th grade and still within the Gold group, that athlete will be moved into Pre Senior group.

Equipment: YWSF swim cap, pair of fins, kick board, pull buoy, small paddles, snorkel and a water bottle all contained within a mesh bag.

Move ups will not happen within 30 days of a Championship meet or the seasons focus meet. Move up requirement from Gold to Pre Senior:

- Three (3) dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 6x100 freestyle kick w/board on 2:30, held under 2:00 for all six 100's
- 10x100 Free on 1:30
- To have achieved 4 Arizona State Times, for 11-12 age group (regardless of age)
- Once swimmer is in High School, they will be moved into either Senior Elite or Senior 2
- Competed in a sanctioned meet (with an official time) in every event offered, excluding:
 - 200 Fly
 - 400 IM
 - 1500/1650 Free