

## Season 2022-2023 Group Structure

| Group Name        | Description of level | Commitment Requirement              | Age        | Entry Requirements   | Goals in season   |
|-------------------|----------------------|-------------------------------------|------------|--|---|
| <b>Elite A</b>    | High Competitive     | High Commitment<br>85% + Attendance | 14-17yrs   | Western, Provincial, Divisional qualifiers   | Qualify Western/Provincials, Provincial finals  |
| <b>Elite B</b>    |                      | High Commitment<br>85% + Attendance | 12-13      | Western, Provincial, Divisional qualifiers   | Qualify Western/Provincials, Provincial finals  |
| <b>Senior</b>     | Competitive          | Commitment<br>75% Attendance        | 14+ yrs    | LMR, divisional qualifiers   | Qualify Divisinals, Provincials   |
| <b>Age</b>        |                      | Commitment<br>75% Attendance        | 10-12 yrs  | LMR qualifiers   | Qualify Divisional, Top 8 in Divisional   |
| <b>Junior</b>     |                      | Commitment<br>75% Attendance        | 13+ yrs    | LMR qualifiers   | Qualify Divisinal   |
| <b>Gold</b>       | Pre-competitive      | With Commitment<br>70% Attendance   | 9-12 yrs   | Perform Free, back, Breast well; able to swim decent fly tech; 200IM under 4:40                                      | Refine 4 strokes, review turns/starts/rules, 200IM under 4:00, learn to compete       |
| <b>Silver</b>     |                      |                                     | 9-12 yrs   | Perform Free, back, Breast well; able to swim decent fly tech; able to complete 100IM under 2:30                     | Enhance 4 strokes, learn all turns/starts/rules, 200IM under 4:30, learn to train     |
| <b>Bronze</b>     |                      |                                     | 12 -14 yrs | Perform Free, back, Breast well; able to swim decent fly tech; able to complete 100IM under 2:30 OR 200IM under 5:00 | Enhance 4 strokes, learn all turns/starts/rules, 200IM under 5:00, learn to train     |
| <b>Alligator</b>  | Development          | With Commitment<br>60% Attendance   | 8-12 yrs   | Perform decent free, Back, Breast; Swim Kids Level 8-10  | Refine FR/BK, improve BR, learn Fly, learn IM turns/track starts, 100IM under 2:30    |
| <b>Crocodile</b>  |                      |                                     | 8-12 yrs   | Decent Free, Back, Leaned breast, able to do 100 non-stop; Swim kids level 6-7                                       | Improve FR/BK/BR, learn Fly, improve open turn, bk start, stand dive, learn flip turn |
| <b>Gecko</b>      |                      |                                     | 6-10 yrs   | Decent Free, Back, able to do 50 non-stop; Swim kids level 5+  | Improve FR/BK, learn BR/one arm Fly, lean open turn, stand/kneeling dive/bk start     |
| <b>Salamander</b> |                      |                                     | 6-10 yrs   | Able to swim 25m without stop or assist; Swim kids level 4+  | Improve FR/BK, learn BR/dolphin kick, lean kneeling dive/bk finish                    |