

## **GROUP MOVEMENT (INVITE-UP & MOVE-UP)**

In the development of a swimmer, it is necessary to advance a swimmer from one group to another. The CCSC approach is to provide a transitional period of time where the swimmer is asked by the CCSC staff to move up to the group above and swim a few workouts per week in the new group, this is called an “invite-up”. This allows for a proper assessment by the coaching staff as well as an adjustment period for the swimmer and parents to the commitment level, training intensity, practice times, peer group, higher level competitions, etc. Once the coach feels the swimmer is ready to be part of that group full-time, he/she will be formally “moved-up”. Email notifications will be sent out to families who are being considered for the invite-up and move-up process.

The idea is to give the developing swimmer some experience of being the big fish in the small pool (existing group) and conversely the small fish in the big pool (new group). This philosophy runs consistently throughout the levels of swimming training and competition. Experience in this type of setting creates opportunities to develop leadership qualities and skills as well as social skills when encountering new situations. The self-confident swimmer who has experienced this type of nurtured growth is more successful and has a clearer understanding of the necessary steps to achieve at the higher level than one who has been parachuted into the group above and left to sink or swim.

In most cases, the use of this strategy is at the discretion of the CCSC coaching staff. The groupings of swimmers are based on level of development, performance, attitude and commitment. If you ever have questions regarding the advancement of your swimmer, we strongly recommend parents to reach out to their swimmer’s coach.