



## Athlete Placement

1. **Ability to Train:** The swimmer must demonstrate that he or she will be able to handle the training load of the new group. Ability to meet the group standard is important for the self-image and confidence of the swimmer. If there is any doubt, the swimmer will be placed in a lower group with the opportunity to move up.
2. **Mastery of Skills:** As the swimmer progresses, it is expected that he or she will be prepared to work on and master the finer points of stroke techniques, starts, turns and race strategy.
3. **Attendance:** Swimming requires a commitment to practice schedules and meet participation. As a swimmer moves up the competitive ladder, there are more practices of longer duration. If a swimmer does not attend practice on a regular basis, he or she is less able to improve performance.
4. **Character:** While swimming performance is expected to improve over the long run, in the short run, there will be ups and downs. As the swimmer moves up the competitive ladder, he or she must be able to handle the stresses of intense training and competition and also balance swimming with other aspects of life (school and extracurricular activities).
5. **Performance:** Swimmers are grouped by ability and consideration of the athlete's age.