



MOVE UP POLICY

At PASEO AQUATICS we instill a Pyramid style of coaching, where all coaches work directly with the Head Coach in their procedures to run a workout from set design to common drills of technique progression. It is paramount that athletes progress from one level to the next, or from coach to coach, receive consistent information. It is the common goal amongst coaches to create a safe and challenging environment that promotes improvements in the athletes skill's as the relate competitive swimming.

Along with performance output comes the opportunity for advancement into another group that will open a new set of challenges to the athlete. The opportunity for advancement can be realized and should be seen as a great success. Every swimmer wants something a little different out of their career. We have found that the opportunity for success and rewards through the varying group levels stokes the athlete's desire to strive for even more.

How does this work? At Paseo Aquatics we employ a concept of three Pyramids: White, Black and Gold. These Pyramids represent the Architecture and the Foundation of Paseo Aquatics swim groups. The White Pyramid represents our entry point for swimmers. Coaches primarily focus on breaking barriers, building confidence, and developing skills. Minimum expectations of participation is required in this pyramid. When reaching times that will qualify a White swimmer for the Black Pyramid, the swimmer will first be asked to challenge themselves by meeting the training and practice habits for the Black Pyramid. When the swimmer can show that they can handle the requirements for the MOVE UP they will be invited to train with the new appropriate group in the Black Pyramid. The same progression would hold true for an athlete in the Black Pyramid, who shows signs of moving into the Gold Pyramid.

White Pyramid swimmers should have mastered all four strokes, have a solid understanding of practice behaviors such-as pace clock knowledge, should attend 3 practices a week and will be encouraged to compete once a month. The Black Pyramid must understand the principles of training and attend 4-5 practices a week, while attending all meets assigned to this group. By the time the swimmer reaches the Gold Pyramid it is essential to have the highest level of practice knowledge, a clear understanding the purpose of training, demonstrate leadership skills and attend 90% of practices scheduled by the coaching staff. The Gold Pyramid is expected to attend all the competitions selected for this group.

The Head coach has a particular set of standards set forth for the Gold Pyramid group. These all must be mastered for their consideration. Within the Pyramids, there will be multiple group levels, and advancement from within the Pyramids will be on the coach's evaluation of the swimmer based on all around records. For advancements within the pyramids the staff will monitor this monthly to determine the progress of each swimmer and will implement the promotion at the beginning of the month. Advancement between the Pyramids will be designated to specific times during the course of the season.

At any point, after a MOVE UP a swimmer is not displaying what it requires to maintain at that level he or she will be warned of this and may be placed back to the originating group. This is a coaches call.