

## **MOVE UP POLICY**

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.

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 4 practices a week and will be encouraged to compete once a month. As well as reached the required time standards for the group.

The Black Pyramid must understand the principles of training and attend 4-5 practices a week, while attending all meets assigned to this group. They must have competed in all events and have fluency in all four strokes, turns and starts. As well as reached the required time standards for the 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. As well as reached the required time standards for the group.

The Gold Pyramid is expected to attend all the competitions selected for this group.

At any point, after a MOVE UP a swimmer is not displaying what it requires to maintain at that level he or she appears to be struggling they may be placed back to the originating group.

**All move ups generally happen right after Championship meets. Usually in December, May and end of Summer. Unless a special circumstances dictates different**