

MOVE-UP PROCEDURES

When:

- Group move-ups will coincide with the beginning of each season – short course season and long course season. Short course season traditionally begins the first week in September and long course season traditionally begins the first week in April.
- This is the most opportune time for group move-ups as it happens concurrently with the start of a new season and the start of a group's new seasonal plan.
 - Occasionally, and on a case-by-case basis, athletes may move groups at “non-traditional” times at the group lead coach's discretion.
- Families will be notified by the group lead coach 2 weeks prior to the end of each season if they will be moving up.

How:

2 weeks prior to the end of each season, move-ups will be communicated using the following procedure:

- 1) A general email from the current group's lead coach to the entire group notifying of coming emails in the next few days to individuals who are eligible to move up. The general email will include:
 - A date by which all “move-up” individuals will have been notified (usually **within 48 hours from the initial group email**). If you do not receive an individual email regarding your athlete, your athlete will not have been selected to move up.
 - An overview of the move-up criteria from the current group to the next group.
 - Information on how to contact the current group's lead coach with any questions regarding the move-up procedure.
- 2) Emails from the current group's lead coach will be sent out individually to those athletes that have been selected as eligible to move-up, notifying them of the coach's intent to move them up. Again, these individual emails will usually be sent out **within 48 hours of the general group email** and will include:
 - Information on how to contact the current group's lead coach with any questions regarding the move-up procedure AND information on how to contact the lead coach of the group the athlete will be moving into.
- 3) Emails from the lead coach of the group the athlete is moving into will be sent out individually, welcoming the athlete into the group. These emails will be sent out **within 1 week prior** to the end of each season and will include:
 - The new group's expectations, current/ general schedule, and a list of required equipment.
 - Information on how to contact the new group's lead coach with any questions.

MOVE-UP CRITERIA

Move-up criteria for each group are centered around the following 5 standards:

- 1) Age
- 2) Commitment
- 3) Ability
- 4) Maturity
- 5) Coaches' Discretion

The criteria at the lower levels of the program are more focused on standards of technical ability, while the criteria to advance into the higher levels of the program are more focused on the “intangibles” of the sport, like level of commitment and maturity. For example, to advance from the lowest level of the program, it is necessary to be able to perform all strokes legally for race distances appropriate for that athlete's age group. Likewise, to advance into the program's highest-level group, it is important to make a significant commitment to practice attendance and to understand high-level concepts of the sport.

Pre-Team to Comp Prep

- Performs all strokes technically legal at appropriate lengths.
- Shows enjoyment in the sport.

Comp Prep to Bronze 1 (in addition to all of the above)

- Consistently demonstrates the following:
 - Correct Streamline position when leaving all walls
 - Proper flip-turn technique (Correct arm movements, approach, and body position)
 - Proper open-turn technique (Head positions, arm returns, and body position)
 - Straight arm recovery on Backstroke and Butterfly
 - Proper underwater pull pattern on freestyle
 - Ability to perform starts from the blocks properly
 - Ability to perform proper breaststroke pullouts that include all three phases
- Consistently has all required gear at practices
- Consistently has a water bottle at practices
- Consistently follows coaches' direction on all swimming related activities

Bronze 1 to Bronze 2 (in addition to all of the above)

- Consistently demonstrates or performs the following:
 - Ability to not breathe during the last stroke into all walls while swimming Freestyle.
 - 2 underwater Butterfly kicks off all walls while swimming Butterfly, Backstroke, and Freestyle
 - Proper Freestyle breakouts without breathing during the first stroke
 - Ability to understand all sets, intervals, and drills
 - Ability to listen to coaches without speaking or interrupting in any manner

Bronze 2 to Silver (in addition to all of the above)

- Consistently demonstrates or performs the following:

- 3 underwater Butterfly kicks off all walls while swimming Butterfly, Backstroke, and Freestyle
- An understanding of how to use all required gear properly
- Does not create distractions for themselves, other athletes, or coaches during practices
- Does not “cut corners” during practice
- Trusts that the coaching staff has their best interest at hand

Silver to Gold (In addition to all of the above)

- Consistently demonstrates or performs the following:
 - Ability to not breathe on the last swim 2 strokes into the turn while swimming Freestyle.
 - 4 butterfly kicks off every wall underwater while swimming Butterfly, Backstroke, and Freestyle
 - Significant ability to focus and stay engaged during practices
 - Willingness to perform flip turns while wearing a snorkel
- Has zero argumentative talk with the coaching staff or their teammates

Gold to Sr. Prep (In addition to all of the above)

- Consistently demonstrates or performs the following:
 - Ability to not breathe on the last swim 2 strokes into the turn AND the first 2 strokes out of the turn while swimming Freestyle
 - 5 butterfly kicks off every wall underwater while swimming Butterfly, Backstroke, and Freestyle
 - Engagement and attention to their individual goals
 - A high level of value and ambition towards the sport
 - A high level of integrity in regards to their effort during sets
 - Flip turns during all sets involving a snorkel
- Shows the intent of commitment to the season design by proactively avoiding significant time off during the season

Sr. Prep to Senior (In addition to all of the above)

- Consistently demonstrates or performs the following:
 - High level of respect for themselves, teammates, the coaching staff, and the sport
 - A commitment towards mastering the sport of swimming through discipline and self-motivation
 - Individual ownership of the sport of swimming
- Understands the developmental transition from Age Group to Senior swimming
- Understands, is able to commit to, and maintains the attendance expectation of at least 70%
- Takes initiative in practice by challenging themselves outside of the standard training requirements