



### **Training Group Move-Ups**

The Front Range Barracudas coaching staff views the promotion of a swimmer from one group to the next to be an instrumental part of an athlete's progression, but these move-ups will never be rushed and are done with the long term progress of each athlete in mind. Each swimmer grows and matures at a different pace. Some swimmers might spend one season in a group before advancing to our next group. However it is common that a swimmer may spend two, three or more seasons in the same group so that they can develop properly before moving-up to our next level. Well supported decisions are made with the best interest of each swimmer in mind and this helps maintain the integrity of our multiple training groups. Move-ups occur at the end of short course season and long course season and swimmers begin training with their new groups in April and September respectively. The current group's coach is responsible for all group move-up decisions; and all thought out and justified group move-ups are supported by the head coach and the board of directors.

### **Factors that weigh into group placement and group move-up decisions:**

- Ability to complete a move-up set that represents what a standard practice at the next level might look like.
- Level of commitment to practice attendance and competition expectations
- Effort and behavior while at practice
- Psychological maturity level
- Age
- Independence and self-reliance

If it is the opinion of the group coach that an athlete still needs more development in any of the categories listed above, they will remain in their current group and continue to work on the developmental factors. If you have any questions regarding our club's policies please contact Head Coach Andrew Brand [CoachAndrew@teamcudas.com](mailto:CoachAndrew@teamcudas.com). Thanks.

Updated January 2018