

## ST. PETERSBURG AQUATICS JUNIOR TEAM

### EXIT COMPETENCIES LEVEL 1-5

#### Level 1 – Green Group

1. From a push maintain a prone streamlined body position, defined as one hand on top of the other, ears between upper arms, lower body stretched long, and toes pointed.
2. Hold streamline position for at least one and one-half body lengths, and be able to vary depth of the underwater push-off.
3. Execute a breakout from a push by holding the streamlined position; then initiate a kicking action and progress to the surface of the water with a pull to the surface.
4. Maintain a vertical, stationary position with little or no leg movement in deep water, using a sculling motion.
5. Complete legal freestyle and backstroke technique for one length of the pool
6. Perform an open turn and a flip turn.
7. Complete the Racing Start Progression.
8. Can complete a 1 hour practice session
9. Swimmer is ready to start practice on time with appropriate equipment (suit, goggles, etc.)
10. Swimmer picks up and puts away equipment used in practice.
11. Swimmer shows respect for facilities and equipment
12. Consistently practices 2-3 days per week.
13. Has participated in at least one swim meet.

#### Level 2 – Yellow Group

1. Swimmer can count strokes of freestyle and backstroke
2. Swimmer can repeat key words as prescribed by the coach to explain/describe movements appropriate to that level.
3. The swimmer gives the coach his or her undivided attention while the coach is talking. The swimmer should focus his or her eyes on the coach and remain quiet when the coach is talking. The swimmer will also follow directions set forth by the coach in practice.
4. The athlete is capable of swimming a 300 yard “set” of freestyle and backstroke as well as kicking on the following interval bases (all are per 50):  
Free @ 1:30, Back @ 1:30, Kick @1:30  
The athlete is capable of swimming a 150 yard “set” of legal breaststroke and butterfly (all are per 25):  
Breast @ 1:00, Fly @ 1:00
5. Swimmer understands racing in practice and relays
6. Understands how to use the pace clock
7. Executes a start from the blocks, hold the streamlined position for one and one-half body lengths, initiate a kicking action for one body length and progress to the surface of the water with a pull.
8. Execute a legal freestyle, backstroke, butterfly and breaststroke turn.
9. Complete stroke progression for butterfly and breaststroke.
10. Consistently practices 3 days per week and attends meets.

### Level 3 – Orange Group

1. Athlete can perform a continuous swim for five minutes
2. Swims the entire set (e.g. does not walk on bottom, counts accurately)
3. For Butterfly – swimmer demonstrates an undulating motion during the stroke, has correct timing of the pull, kick and breath and can complete one length of the pool with legal form
4. For Breaststroke – swimmer demonstrates correct timing of the pull, kick and breath during the stroke and can complete one length of the pool with legal form
5. Performs 100 yards of individual medley with legal technique and turns.
6. Performs relay exchanges
7. Performs underwater dolphin kick for freestyle, backstroke and butterfly starts and turns
8. Breathes within the rhythm of stroke in all four strokes.
9. Athlete is capable of swimming a 12-15 minute or 600 yard “set” of the four competitive strokes as well as kicking on the following interval (all are per 50):  
Free @ 1:00, Back @ 1:10, Breast & Fly @ 1:30, Kick @ 1:30, IM @ 2:30 (per 100)
10. Can follow pace clock send offs without constant reminder
11. Consistently practices 3 times per week
12. Consistently participates in swim meets
13. Swimmer demonstrates ability to perform increasingly complex tasks
14. Swimmer is willing to learn new things
15. Swimmer is comfortable with the pool/swimming environment and culture and fully understands safety rules

### Level 4 – Red Group

1. During practice the swimmer will leave on time during sets, start and finish at the wall, and swim the sets in the prescribed manner
2. Can perform a legal 100 of each stroke
3. Athlete is able to swim the 200 & 500 Free and 200 IM with good technique
4. Performs a legal breaststroke pullout with a dolphin kick
5. Performs effective finishes
6. Consistently practices 3-4 times per week
7. Swimmer learns and understands basic race tactics
8. Understands Motivational Times and starts to set goals
9. Accepts criticism from the coach and understands it is a critique of skill not of the individual
10. Athlete is capable of swimming 20-30 minutes on the following base intervals (all are per 100):  
Free @ 1:50, Back @ 2:00, Breast & Fly @ 2:30, Kick @ 2:30, IM @ 2:15

### Level 5 – Blue Group

1. Increases number of underwater dolphin kicks with increased speed and efficiency for free, back and butterfly
2. Breathes within the rhythm of stroke under race conditions in all four strokes.
3. Complete one length of all four strokes holding the same time or faster but using fewer strokes/cycles
4. Swims prescribed technique during practice and meets
5. Swims prescribed breathing patterns during practice and meets

6. Short sprints of all strokes at maximum velocity working on racing skills, coordination, starts and finishes
7. Swimmer attends the recommended meets and understands the importance of being on time for meet warm-ups
8. Consistently practices 4-5 times per week
9. Swimmer challenges him or herself to perform to the utmost of his or her ability in practice.
10. Understands the value of setting process and outcome goals for both practice and meets
11. Swimmer knows best times for practice and meets.
12. Athlete is capable of swimming sets of 20-30 minutes on the following base intervals (all are per 100): Free @ 1:40, Back @1:50, Fly & Breast @ 2:00, Kick @ 2:00, IM @ 1:50