

Pre Teen Age Group

Ages 11-12

Requirements

- Swimmer maintains a monthly practice attendance of 70% or greater.
- Swimmer regularly comes to practice prepared and on time
- Swimmer consistently follows all pool/facility rules and instructions given by coaching staff
- Swimmer consistently pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and demonstrates good practice "etiquette" (ex: circle swims, uses proper passing procedures, follows spacing intervals set by coach, etc)
- Swimmer does not regularly stop during assigned yardage or sets
- Swimmer does not rely on pushing off the bottom of the pool or pulling on lane ropes as an alternate means of propulsion during assigned yardage
- Swimmer takes initiative and completes all assigned yardage, making sure to keep track of their own laps
- Swimmer demonstrates good sportsmanship (ex: encourages other swimmers, cheers for teammates, helps others when asked, etc)
- Swimmer does not engage in horseplay or other inappropriate/unsafe behavior in or around the pool (ex: does not run on pool deck, enters water feet first, etc)
- Swimmer shows a continued commitment to their training and a personal desire to advance to the next level of training and competition

Start, Stroke, Turn, Technical, and Achievement requirements

- Swimmer can successfully perform a forward racing start from the blocks (swimmers with slight difficulty completing a proper start can be waived into Pre Teen AG if all other requirements are met)
- Swimmer can successfully perform a backstroke start
- Swimmer can complete a 100 yard backstroke without stopping while remaining on their back with flipturns
- Swimmer can complete a 100 yard legal breaststroke swim with proper (two-hand touch) turns and without stopping (scissor type kick or improper foot position during kick must be corrected prior to advancement)
- Swimmer can complete 50 yards + legal butterfly with proper (two-hand touch) turns and without stopping (kick faults, such as a split kick or intermittent breaststroke kick, must be corrected prior to advancement)
- Swimmer is able to swim a 100 or 200 yard IM (depending on age) legally, using proper turns and transitions without stopping
- Swimmer can successfully complete a set of 8 x 100 yard freestyle, utilizing flip turns, on an interval no slower than 2:15

Best Time Requirements (must be legal swims from a CAC Mini Meet or USA Swimming sanctioned event)

- Swimmers **MUST** meet a minimum of 3 out of the following 4 Freestyle Time Standards:

50 FR 40.00 100 FR 1:38 200 FR 3:20 500 FR 9:00

- Swimmers **MUST** meet 1 of 2 of the below listed qualifying times in each stroke category (for a minimum total of **3** qualifying times):

BACKSTROKE	50 YARDS	47.00	100 YARDS	1:50
BREASTSTROKE	50 YARDS	58.00	100 YARDS	2:10
BUTTERFLY	50 YARDS	1:00	100 YARDS	2:15

- Swimmers **MUST** have a 100 yard IM time that is under 2:00

Age Group 1

Ages 7-10

Requirements

- Swimmer maintains a monthly practice attendance of 70% or greater.
- Swimmer regularly comes to practice prepared and on time
- Swimmer consistently follows all pool/facility rules and instructions given by coaching staff
- Swimmer consistently pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and demonstrates good practice "etiquette" (ex: circle swims, uses proper passing procedures, follows spacing intervals set by coach, etc)
- Swimmer does not regularly stop during assigned yardage or sets
- Swimmer does not rely on pushing off the bottom of the pool or pulling on lane ropes as an alternate means of propulsion during assigned yardage
- Swimmer takes initiative and completes all assigned yardage, making sure to keep track of their own laps
- Swimmer demonstrates good sportsmanship (ex: encourages other swimmers, cheers for teammates, helps others when asked, etc)
- Swimmer does not engage in horseplay or other inappropriate/unsafe behavior in or around the pool (ex: does not run on pool deck, enters water feet first, etc)
- Swimmer shows a continued commitment to their training and a personal desire to advance to the next level of training and competition

Start, Stroke, Turn, Technical, and Achievement requirements

- Swimmer can successfully perform a forward racing start from the blocks (swimmers with slight difficulty completing a proper start can be waived into AG1 if all other requirements are met)
- Swimmer can successfully perform a backstroke start
- Swimmer can perform a nonstop 200 yard freestyle swim with flip-turns in less than 4 minutes
- Swimmer can complete a 100 yard backstroke without stopping while remaining on their back (flip turns are optional)
- Swimmer can complete a 100 yard legal breaststroke swim with proper (two-hand touch) turns and without stopping (scissor type kick or improper foot position during kick must be corrected prior to advancement to AG1)
- Swimmer can complete 50 yards + legal butterfly with proper (two-hand touch) turns and without stopping (kick faults, such as a split kick or intermittent breaststroke kick, must be corrected prior to advancement to AG1)
- Swimmer is able to swim a 100 or 200 yard IM (depending on age) legally, using proper turns and transitions without stopping
- Swimmer can successfully complete a set of 8 x 100 yard freestyle, utilizing flip turns, on an interval no slower than 2:20

Best Time Requirements (must be legal swims from a CAC Mini Meet or USA Swimming sanctioned event)

****Swimmer should meet at least 5 of the 8 Time Requirements****

100 IM	2:00.00	50 FREE	45.00	100 FREE	1:45.00
25 BACK	24.00	50 BACK	50.00	25 BREAST	29.00
50 BREAST	1:00.00	25 FLY	30.00		

Age Group 2

Ages 8-12

Requirements

- Swimmer maintains a monthly practice attendance of 75% or greater. Swimmers unable to consistently attend practice may be moved to AG1 until their attendance improves.
- Swimmer regularly comes to practice prepared and on time
- Swimmer consistently follows all pool/facility rules and instructions given by coaching staff
- Swimmer consistently pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and demonstrates good practice "etiquette" (ex: circle swims, uses proper passing procedures, follows spacing intervals set by coach, etc)
- Swimmer does not regularly stop during assigned yardage or sets
- Swimmer does not rely on pushing off the bottom of the pool or pulling on lane ropes as an alternate means of propulsion during assigned yardage
- Swimmer takes initiative and completes all assigned yardage, making sure to keep track of their own laps
- Swimmer demonstrates good sportsmanship (ex: encourages other swimmers, cheers for teammates, helps others when asked, etc)
- Swimmer does not engage in horseplay or other inappropriate/unsafe behavior in or around the pool (ex: does not run on pool deck, enters water feet first, etc)
- Swimmer shows a continued commitment to their training and a personal desire to advance to the next level of training and competition
- Swimmer demonstrates an understanding of USA Swimming stroke and turn rules and is able to regularly apply these regulations to their swimming during practice and meets
- Swimmer is able to read a pace clock; start and stop themselves during a set with basic intervals; and space themselves appropriately in the lane

Start, Stroke, Turn, Technical, and Training requirements

- Swimmer can successfully perform a forward racing start from the blocks
- Swimmer can successfully perform a backstroke start
- Swimmer can complete a nonstop 500 yard freestyle with flip turns in less than 10 minutes
- Swimmer can complete a set of 4 x 100 legal backstroke on an interval no slower than 2:00 with flip turns
- Swimmer can complete a set of 4 x 100 legal breaststroke on an interval no slower than 2:15 with proper 2 hand turns and touches
- Swimmer can complete a set of 4 x 50 legal butterfly on an interval no slower than 1:15 with proper two hand turns and touches
- Swimmer can complete a set of 3 x 100 legal 100 IM on an interval no slower than 2:10 with proper transition turns
- Swimmer can complete a set of 8 x 100 Freestyle on an interval no slower than 1:50 while maintaining bilateral breathing and utilizing flip turns
- Swimmer can complete a set of 10 x 50 Freestyle kick (with board) on an interval no slower than 1:00

Best Time Requirements (must be legal swims achieved at a CAC Mini Meet or USA Swimming Sanctioned event)

Incoming AG2 swimmers must meet **all (3 of 3) freestyle time requirements, **ONE** (50 or 100 BACK, BREAST, AND FLY) of **EACH** stroke, and **ONE** of the IM requirements (200 or 100)**

100 IM	1:35.00	200 IM	3:20.00	50 Free	35.00
100 FREE	1:18.00	200 FREE	2:55.00	50 BACK	44.00
50 BREAST	50.00	50 FLY	46.00	100 BACK	1:35.00

Swimmers who desire to advance from AG2 to AG Elite must be able to consistently demonstrate their readiness and ability to train at the next level of intensity. AG2 swimmers will be promoted by coaching staff when they meet all requirements outlined for AG Elite. Swimmers who "age out" of AG2 may either remain in AG2 or be promoted to the Pre Senior program depending on their individual needs; all advancements are at the discretion of the coaching staff.

Age Group 3 (Elite)

Ages 11-14

Requirements

- Swimmers **must** maintain an attendance record of **80% or higher per month** (4 out of 5 practices, not including dry-land workouts) throughout the swim season. Swimmers not meeting the monthly attendance requirement for any reason will be asked to train with the AG2 group until they can improve their attendance record. **NO EXCEPTIONS**
- Minimum age of 11 years old by February 2016. **NO EXCEPTIONS**
- Swimmer regularly comes to practice on time and prepared to swim. **Swimmers are permitted one (1) parent excused tardy/early release per week that must be communicated by a parent to the coach at the time of the tardy/early release.** Swimmers with more than 1 parent excused tardy/early release per week will be asked to train with the AG2 group until they can improve their timeliness. Unexcused tardiness or early release is not acceptable for any reason other than illness or emergency.
- Swimmer follows all pool rules and any directions given by coaching staff
- Swimmer pays attention during instruction, does not disrupt the progress of other swimmers, behaves appropriately during practice, and always demonstrates good practice etiquette
- Swimmer rarely, if ever, stops during assigned yardage or sets
- Swimmer does not require "rest" or "catch-up" breaks during sets in order to keep up with other swimmers in the group
- Swimmer takes initiative and completes all assigned yardage, making sure to keep track of their own laps (unless instructed otherwise)
- Swimmer demonstrates good sportsmanship and is both a leader and positive role model for others
- Swimmer participates in at least 3 USA sanctioned swim meets per year
- Swimmer is self-motivated to improve their technique, conditioning, and performance at meets
- Swimmer has a positive attitude and encourages others to do the same
- Swimmer can properly use a pace clock to keep track of intervals for a set of repeats, as well as space themselves in the lane as directed
- Swimmer has an excellent work ethic, enjoys being challenged during practice, takes pride in accomplishing new and difficult tasks
- Swimmer shows a constant commitment to their training and a strong personal desire to compete at higher levels, such as Age Group States, Age Group Sectionals, Age Group Zones, etc

Training Requirements

- Swimmer can successfully complete a 500 yard freestyle, maintaining a bilateral breathing pattern and utilizing 100% of their flip-turns in less than 6:30.00.
- Swimmer can complete a set of 10 x 100 Freestyle on an interval no slower than 1:30
- Swimmer can complete a set of 5 x 200 Freestyle on an interval no slower than 2:50
- Swimmer can complete a set of 8 x 100 IM on an interval no slower than 1:50
- Swimmer can complete a set of 5 x 100 Breaststroke on an interval no slower than 1:55
- Swimmer can complete a set of 5 x 100 Backstroke on an interval no slower than 1:45
- Swimmer can complete a set of 5 x 100 Butterfly on an interval no slower than 1:45
- Swimmer can complete a set of 10 x 50 Flutter kick on an interval no slower than :50

Best Time Requirements (must be legal swims achieved at a USA Swimming Sanctioned event prior to December 2015)

Incoming AG3 swimmers must meet all (3 of 3) freestyle time requirements, ONE (50 or 100 BACK, BREAST, AND FLY) of EACH stroke, and ONE of the IM requirements (200 or 100)

50 FREE	30.00/34.00LC	100 FREE	1:07.00/1:16.00LC
200 FREE	2:25.00/2:50.00LC		
50 BACK	35.00/40.00LC	100 BACK	1:17.00/1:28.00LC
50 BREAST	42.00/47.00LC	100 BREAST	1:34.00/1:40.00LC
50 FLY	37.00/42.00LC	100 FLY	1:24.00/1:30.00LC
200 IM	2:44.00/3:03.00LC	100 IM	1:14.00