

SWAG PRACTICE GROUP REQUIREMENTS

IM Awesome (IMA)

Ages 6-12

This group is designed to serve athletes both new to the sport as well as those developmental level athletes who are more advanced in their training. Small group size allows us to serve the individual needs of each athlete while still conducting a group structured practice that promotes skill advancement, physical conditioning, and teamwork.

REQUIREMENTS FOR ENTRY INTO IMA

- Swimmer can complete one continuous length of the pool freestyle/front crawl with their face in the water while utilizing breath control.
- Swimmer can complete one continuous length of the pool backstroke while maintaining their body position at the surface of the water.

IMA PRACTICE REQUIREMENTS

- Swimmer's practice attendance as a member of IMA is greater than 65% monthly for a period of at least 2 months
- Swimmer follows pool and team rules consistently
- Swimmer pays attention during instruction, does not disrupt the progress of other swimmers, and behaves appropriately during practice
- Swimmer demonstrates good sportsmanship and cooperates with other swimmers

Highly advanced IMA athletes may be asked to attend extra practice sessions and/or train "up" a group during certain times of the week in order to provide them with a more challenging practice and smooth their transition to the IMR group.

IM READY (IMR)

Ages 8-12

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 IMR 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 IMR)

- 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 IMR)
- 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 USA Swimming sanctioned event)

Swimmer should meet at least 5 of the 9 Time Requirements

100 IM	2:00.00	50 FREE	43.00	100 FREE	1:38.00
25 BACK	24.00	50 BACK	49.00	25 BREAST	29.00
50 BREAST	1:00.00	25 FLY	30.00	50 FLY	1:00.00

IM Extreme (IMX)

Ages 11-14

Requirements

- Swimmers **must** maintain an attendance record of **75% or higher per month for all IN WATER practices** throughout the swim season. Swimmers not meeting the monthly attendance requirement for any reason will be asked to train with the IMR group until they can improve their attendance record. **NO EXCEPTIONS** **IMR Swimmers who average less than 85% attendance across a two month period in IMR are NOT eligible to move into IMX until they demonstrate 85% attendance for at least two months.*
- When drylands are offered as part of training, swimmers **must** attend, on average, a minimum of ONE (1) dryland workout per week to remain in the IMX training group. Athletes who fail to attend the minimum dryland workouts will be asked to train with the IMR group until they can improve their dryland attendance. **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 IMR 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 7:00.00.
- Swimmer can complete a set of 10 x 100 Freestyle on an interval no slower than 1:45

- Swimmer can complete a set of 5 x 200 Freestyle on an interval no slower than 3:00
- Swimmer can complete a set of 8 x 100 IM on an interval no slower than 1:55
- Swimmer can complete a set of 5 x 100 Breaststroke on an interval no slower than 2:00
- Swimmer can complete a set of 5 x 100 Backstroke on an interval no slower than 1:50
- Swimmer can complete a set of 5 x 100 Butterfly on an interval no slower than 1:55
- Swimmer can complete a set of 10 x 50 Flutter kick on an interval no slower than 1:05

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

Incoming IMX swimmers must meet THREE of the four 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	1:08.00/1:18.00LC
200 FREE	2:28.00/2:52.00LC	500 FREE	6:40.00
50 BACK	35.00/40.00LC	100 BACK	1:17.00/1:28.00LC
50 BREAST	47.00/51.00LC	100 BREAST	1:45.00/1:58.00LC
50 FLY	35.00/40.00LC	100 FLY	1:20.00/1:34.00LC
200 IM	2:46.00/3:08.00LC	100 IM	1:20.00

IM ELITE (IME)

Ages 13 – 18+

Requirements

- Swimmers **must** maintain an attendance record of **85% or higher per month for all IN WATER practices** throughout the swim season. Swimmers not meeting the monthly attendance requirement for any reason will be asked to train with the IMX group until they can improve their attendance record. Practices with HS teams do NOT count towards meeting the attendance standard. **Swimmers who average less than 85% attendance across any two month period in IMX are NOT eligible to advance to IME until they demonstrate 85% or higher practice attendance in IMX for at least two months (and all other requirements are met).*
- Swimmers must maintain a DRYLAND attendance record of 65% per month throughout the swim season. Swimmers not meeting the dryland attendance standard will be asked to train with the IMX group until they can improve their attendance at drylands.
- 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 IMX 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 Senior States, Senior Sectionals, JR & Senior Nationals, etc.

Training Requirements

- ☐ Swimmer can successfully complete a 500 yard freestyle in less than 6:00.00.
- ☐ Swimmer can complete a set of 10 x 100 Freestyle on an interval no slower than 1:20
- ☐ Swimmer can complete a set of 6 x 200 Freestyle on an interval no slower than 2:40
- ☐ Swimmer can complete a set of 8 x 100 IM on an interval no slower than 1:30
- ☐ Swimmer can complete a set of 5 x 100 Breaststroke on an interval no slower than 1:45
- ☐ Swimmer can complete a set of 5 x 100 Backstroke on an interval no slower than 1:30
- ☐ Swimmer can complete a set of 5 x 100 Butterfly on an interval no slower than 1:35
- ☐ 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)

Incoming IME swimmers must meet THREE of the four freestyle time requirements, ONE (100 or 200 BACK, BREAST, AND FLY) of at least 3 strokes, and ONE of the IM requirements (200 or 400)

50 FREE	27.00/30.00LC	100 FREE	59.00/1:08.00LC
200 FREE	2:10.00/2:20.00LC	500/400 FREE	5:40.00/5:15.00LC
100 BACK	1:10.00/1:18.00LC	200 BACK	2:26.00/2:44.00LC
100 BREAST	1:20.00/1:30.00LC	200 BREAST	2:50.00/3:08.00LC
100 FLY	1:08.00/1:15.00LC	200 FLY	2:32.00/2:50.00LC
100 IM	1:09.00	200 IM	2:29.00/2:55.00LC
400 IM	5:12.00/5:55.00LC		