



Group Guidelines

Starting 8/20/18

Developmental 1 – Recommended Age: 5 (45 mins / 5 x Week)

1. The swimmer wants to learn about swimming.
2. The swimmer is learning the proper technique for all four strokes
3. The swimmer is able to perform a 25 Freestyle without outside attendance.
4. The swimmer wants to have fun swimming!

Developmental 2 – Recommended Age: 7 (45 mins / 5 x Week)

1. The swimmer has the desire to improve their swimming.
2. The swimmer is able to legally perform 25s of ALL FOUR competitive strokes.
3. The swimmer performs open turns and learning flip-turns.
4. The swimmer is able to push off underwater in streamline and hold their streamline position for one and half body lengths underwater.
5. The swimmer knows proper lane etiquette, circle swimming, ready positions, reading a clock and keeping pace.
6. The swimmer understands that he or she is part of a team and has respect for his or her teammates.
7. The swimmer listens to recommendations from the coach and tries to make the appropriate changes.
8. The swimmer understands appropriate team rules and the consequences of breaking the rules.
9. The swimmer is able to complete an hour long practice session.
10. The swimmer completes sets without fail. (i.e. walking on bottom, counting accurately)
11. 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.
12. The swimmer will also follow directions set forth by the coach in practice.
13. The swimmer has completed the Racing Start Progression

Level 1 – Recommended Age 7-12 (1-1.5 Hr, 5 x Week)

1. The swimmer has the desire to improve their swimming.
2. The swimmer knows what time standards are and is striving to achieve “B” times.
3. The swimmer is a leader in workouts (lead lanes) and in stretching and exercises.
4. The swimmer encourages themselves and others to work harder. They have a positive attitude about swimming.
5. The swimmer can legally perform 50s of all four competitive strokes as well as a 100 IM.
6. The swimmer can adjust to the conditions that surround them (leaky goggles, cold water, lane etiquette, reading the clock).
7. The swimmer demonstrates an understanding of sportsmanship behavior (e.g., doesn't throw goggles, congratulates opponents).
8. The swimmer will treat teammates, parents, and coaches with respect.
9. The swimmer talks to the coach immediately before and after each race.
10. The swimmer knows basic meet procedures including how to use and read a heat sheet.
11. The swimmer can perform a legal racing start for every stroke.
12. The swimmer takes pride in being a member of the team, which the swimmer demonstrates by
 - a. participating in team cheers,
 - b. knowing the coaches' names, and
 - c. cheering on teammates during swims (practice or meets)
 - d. Wearing team attire.
14. The swimmer will know the name of any other training group on the team besides his or her own group.
15. The swimmer attends the recommended meets and understands the importance of being on time and warming up.

Level 2 – Recommended Age 9-13 yr old (1.5 Hrs/ 6 x Week)

1. The swimmer has the desire to improve their swimming.
2. The swimmer can legally perform 100s of all four competitive strokes as well as 200 IM/500 FR
3. The swimmer should understand the importance of goal setting and understand what goes into achieving set goals.
4. The swimmer can perform a legal breaststroke pullout with dolphin kick.
5. The swimmer can perform effective finishes for all four strokes.
6. The swimmer understands the importance of concentration in practice and meets and can regularly recognize a faulty focus and bring self back to a proper focus.
7. The swimmer knows best times for practice and meets
8. The swimmer sets and writes process and outcome goals
9. The swimmer is able to accept criticism from the coach.
10. The swimmer understands that criticism is a critique of skills not a critique of an individual.
11. The swimmer can complete a 30 min drylands session.
12. The swimmer attends the recommended attendance requirements and meets
13. The swimmer completes exit level test set to the necessary requirements.

Level 3 – Recommended Age 11-14 yr old (1.5-2 hrs/ 6 x Week)

1. Swimming is a HIGH PRIORITY in your life.
2. 2A.12 & Unders must have 2 11-12 “AA” times
2B. 13 & Overs must have 2 13-14 “A” times
3. The swimmer can legally perform 200s of all four strokes as well as 400 IM/500 FR
4. The swimmers must be able to maintain the recommended training group average pace.
5. The swimmer is a leader in workouts (lead lanes).
6. The swimmer demonstrates good sportsmanship by helping the younger swimmers to work harder. They have a positive attitude about swimming.
7. The swimmer is learning about their potential capabilities by accepting and working towards achieving the challenges before themselves.
8. The swimmer is in control of the factors that operate your body (eating and sleeping habits).
9. The swimmer is able to operate in the proper training environment.
10. The swimmer understands the importance of time management and completes all their work in a time efficient matter.
11. The swimmer understands the role of failure and the importance of learning from one’s mistakes; understands that this is essential to becoming a champion.
12. The swimmer knows the difference between focusing on what’s important and what’s not.
13. The swimmer understands the relationship between distance per stroke, stroke rate, and swimming speed.
14. The swimmer is not influenced by the negative behavior of his or her teammates.
15. The swimmer understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to meet performance.
16. Swimmer understands the traits of a positive leader and endeavors to become one.
17. The swimmer can complete a 30 min dry land session.

TechFit – Recommended Age: 13 & Over (1.5-2 hrs/ 6 x Week)

1. The swimmer has desire to improve their swimming
2. You should be able to legally perform 100s of at least 2 competitive strokes as well as know the basics of all 4 strokes and IM.
3. The swimmer is in control of the factors that operate your body (sleep, nutrition and psychological preparation).
4. The swimmer is motivated to operate in the proper training environment as a young adult and be responsible for yourself.
5. The swimmer demonstrates good sportsmanship by helping your teammates reach their goals by your positive encouragement and actions.
6. The swimmer has the support of their family to help them reach Senior Level performance. This includes providing them the opportunity to be a responsible and dedicated member of the Dolphin group.

Senior Group - Recommended Age: 14 & Over (1.5-2 hrs/ 6 x Week)

1. Swimming is a very high priority in your life - striving for personal excellence and Senior level performance.
2. The swimmer is able to handle time management of your swim practices and school-work.
3. 3A.13& Overs (8th Grade) MUST HAVE 2 15-16 "AA" Times
4. 3B.13& Overs (High School) MUST HAVE 2 15-16 "A" Times
5. The swimmer must be able to maintain the recommended training group average pace.
6. The swimmer is in control of the factors that operate your body (sleep, nutrition and psychological preparation).
7. The swimmer is motivated to operate in the proper training environment as a young adult and be responsible for yourself.
8. The swimmer demonstrates good sportsmanship by helping your teammates reach their goals by your positive encouragement and actions.
9. You should have the support of your family to help you reach Senior Level performance. This includes providing you the opportunity to be a responsible and dedicated member of the Senior Group.

** ALL MOVE UPS ARE BASED ON COACHES DISCRETIONS*