

## SHARKS Group Expectations and Guidelines for 2019-2020

These guidelines have been developed to help you, as a member of the **Sharks Swim Club**, understand what the expectations and goals are for the team, for each group, and for you.

### Sharks Developmental Groups

**Discovery (Pre-Team)** practice group is for swimmers 5+

**Minimum requirements: complete a 25 yard free & 25 yard back**

- *The focus of this group is technique and developing a love of the sport.*
- Swimmers in this group will work on developing four legal strokes. A coach is often in the water during practice to help with corrections.
- Swimmers in this group are invited to attend the developmental meets that the team hosts.
- Swimmers in this group are registered under the USA-Swimming FLEX membership and are eligible to compete in TWO Gulf sanctioned meets.

**Discovery Advance** group is for swimmers ages 6-10+ years.

**Minimum requirements: Four legal strokes, complete 5 x 50 K @ 1:30, 5 x 50 Fr @ 1:30**

- *The focus of this group is on technique instruction and not on speed in the water.*
- Swimmers in this group will work on developing four legal strokes.
- Swimmers are encouraged to attend meets throughout the year.
- Swimmers will need to commit to a meet to attend; they will not automatically be signed up.

### Sharks Age Groups

The **Exploratory** Practice Group is for swimmers ages 7-11+

- Exploratory swimmers are encouraged to attend at least 3 practices a week.
- Swimmers are strongly encouraged to compete in one full competition each month,
- Swimmers work on achieving IMR and IMX status for their age group.
- Swimmers are encouraged to compete in the highest qualified Championship in December, February, and July.
- *All swimmers will be entered into all qualifying monthly meets unless declined on SHARKS website.*

**Exploratory Advance** practice Group is for swimmers ages 9-12+.

- Exploratory Advance swimmers are encouraged to attend 3-5 practices a week.
- Swimmers are expected to compete in one full competition each month, achieve IMR status, strive to compete in all IMX events each season.
- Sharks Swim Club is a competitive team and as such entrance into their qualifying Championship meets in December, February and July are expected. Accounts will be charged a non-refundable \$40 fee in November, January and June to apply toward Championship meet fees. The balance of meet fees will either be charged or credited to your account at the time of the meet. If your swimmer opts out of the meet or does not

attend their qualifying Championship meet, your account will still be charged the \$40 Championship pre-fee in addition to any other incurred meet entry fees.

- *All swimmers will be entered into all qualifying monthly meets unless declined on SHARKS website.*

**Challenge** Practice Group is for swimmers ages 10-12+.

- Swimmers must attend at minimum of 4-6 practices a week (more in summer) and participate in dry land sessions.
- Swimmers are expected to compete in one full competition each month, achieve IMR status, strive to compete in all IMX events each season.
- Sharks Swim Club is a competitive team and as such entrance into their qualifying Championship meets in December, February and July are required. Accounts will be charged a non-refundable \$40 fee in November, January and June to apply toward Championship meet fees. The balance of meet fees will either be charged or credited to your account at the time of the meet. If your swimmer opts out of the meet or does not attend their qualifying Championship meet, your account will still be charged the \$40 Championship pre-fee in addition to any other incurred meet entry fees.
- *All swimmers will be entered into all qualifying monthly meets unless declined on SHARKS website.*

## Sharks Senior Groups

**Pre-Senior** Practice Group is for swimmers ages 12 & Older.

- Swimmers are encouraged to attend at least 3 practices a week.
- Swimmers are recommended to compete in one full competition each month, achieve IMR status and strive to compete in all IMX event each season.
- Sharks Swim Club is a competitive team and as such entrance into their qualifying Championship meets in December, February and July are expected. Accounts will be charged a non-refundable \$40 fee in November, January and June to apply toward Championship meet fees. The balance of meet fees will either be charged or credited to your account at the time of the meet. If your swimmer opts out of the meet or does not attend their qualifying Championship meet, your account will still be charged the \$40 Championship pre-fee in addition to any other incurred meet entry fees.
- *All swimmers will be entered into all qualifying monthly meets unless declined on SHARKS website.*

**Senior** Training Group is for our committed qualified swimmers ages 13 & Older.

- Swimmers must attend a minimum of 5 practices a week. Double practices will be held throughout the year and swimmers will be assigned doubles based on age & individual training needs.
- Swimmers are required to compete in one full competition each month.
- Swimmers will compete in all IMX events each season
- Sharks Swim Club is a competitive team and as such entrance into their qualifying Championship meets in December, February and July is expected. Accounts will be charged a non-refundable \$40 fee in November, January and June to apply toward Championship meet fees. The balance of meet fees will either be charged or credited to your account at the time of the meet. If your swimmer opts out of the meet or does not attend their qualifying Championship meet, your account will still be charged the \$40 Championship pre-fee in addition to any other incurred meet entry fees.
- *All swimmers will be entered into all qualifying monthly meets unless declined on SHARKS website.*

**Senior Performance** Training Group is for our most committed qualified growth-minded swimmers. These swimmers have made swimming their highest extracurricular priority. It is for swimmers ages 13 & Older.

- Swimmers are expected to miss no more than 1 training session a week, including dry land.
- Swimmers are required to compete in one full competition each month.
- Swimmers are required to compete in all IMX events each season.
- Sharks Swim Club is a competitive team and as such entrance into their qualifying Championship meets in December, February and July are expected. Accounts will be charged a non-refundable \$40 fee in November, January and June to apply toward Championship meet fees. The balance of meet fees will either be charged or credited to your account at the time of the meet. If your swimmer opts out of the meet or does not attend their qualifying Championship meet, your account will still be charged the \$40 Championship pre-fee in addition to any other incurred meet entry fees.
- *All swimmers will be entered into all qualifying monthly meets unless declined on SHARKS website.*