



## **CAC 2020-2021 GROUPS ADVANCEMENTS CRITERIAS**

Swimmers need to meet all the advancement criteria of the “next” group in order to be “moved up”, PLUS have both coaches’ recommendation (prior and future coaches).

For the NOVICE GROUPS this happens at the end of each cycle (every 8 weeks) but can also happen at any other time his/her coach feels that he/she should “move-up”. His/her coach is constantly evaluating each swimmer and adjusting the practices to better accommodate the groups’ needs.

AGE GROUP, JUNIOR SILVER/GOLD & SENIOR SILVER/GOLD swimmers can move up at any time during the season, as far as he/she have both coaches’ recommendations (prior and future coaches).

If attendance criteria is not being met within the Age Group and Gold groups (Junior and Senior), swimmers COULD be withdrawn from their group and placed in a different group. Cases will be evaluated individually.

The age of the swimmer is the primary criteria for the Age Group and Gold groups (Junior and Senior), but swimming skills could also be factored in the decision as to which group swimmers should be placed. Cases will be evaluated individually.

**ADVANCEMENT CRITERIAS** are as follow:

- **Novice C (12 years old & under)**: to be in this group, swimmers need to be able to:
  1. Get in/out of the pool independently
  2. Be comfortable in the water, being able to blow bubbles under the water without “panicking”.
  3. Be able to do “some” Freestyle kick
  4. Coaches’ recommendation

- **Novice B (12 years old & under)**: to be moved to this group, swimmers need to be able to:
  1. Swim 25 yards Freestyle with strong and consistent kick, breathing bi-laterally.
  2. Be able to kick Freestyle on a perfect streamline position under the water for at least 5 meters (up to the flag)
  3. Coaches' recommendation.
  
- **Novice A (12 years old & under)**: to be moved to this group, swimmers need to be able to:
  1. Swim 25 yards Freestyle with strong and consistent kick, breathing bi-laterally.
  2. Be able to kick Freestyle on a perfect streamline position under the water for at least 10 meters (up to the flag)
  3. Swim a 25 yards Backstroke with good and steady kick, good body rotation, and a steady head position.
  4. Be able to do an efficient Dolphin kick, with and without the board, and under water on a good streamline.
  5. Coaches' recommendation.
  
- **Age Group (10 & Under at the 2020 SCY State Championship)**: to be moved to this group, swimmers need to be able to:
  1. Commit to attend to AT LEAST 60% of practices per month. 80% is recommended.
  2. Commit to participate in AT LEAST 50% of the swim meets on the team's schedule (80 % is recommended), where eligible.
  3. Be able to swim **AND RACE** a legal 100 IM (25 each stroke).
  4. Be physically and mentally mature to endure a longer practice and to understand more complex instructions.
  5. **COACHES RECOMMENDATION**
  
- **Junior Gold (13 & Under old at the 2020 SCY State Championship)**: to be moved to this group, swimmers need to be able to:
  1. Commit to attend to AT LEAST 80% of practices per month.
  2. Participate in AT LEAST 50% of the swim meets on the team's schedule (90 % is recommended), where eligible.
  3. Be able to swim **AND RACE** a legal 200 IM (50 each stroke).
  4. Be able to do longer sets maintaining a good technique (Ex: 10x100 Free).
  5. Be physically and mentally mature to endure a longer practice and to understand more complex instructions.
  6. **COACHES RECOMMENDATION**

- **Senior Gold (13 and over)**: to be moved to this group, swimmers need to be able to:
  1. Commit to attend to AT LEAST 80% of practices per month required for his/her age. Below is the total number of practices/week offered for each age as follows (if a swimmer comes to the number of practices below they will have 100% of attendance):
    - 13 years old (1<sup>st</sup> year in the group): 6 practices per week
    - 14 years old (2<sup>nd</sup> year in the group): 7 practices per week
    - 15+ years old (3<sup>rd</sup>+ years in the group): 8 practices per week
  2. Participate in AT LEAST 75% of the swim meets on the team's schedule (90 % is recommended), where eligible.
  3. Be able to swim **AND RACE** a legal 400 IM (100 each stroke).
  4. Be able to endure practice that can last 2 hours, and do Dryland training.
  5. Be physically and mentally mature to endure a longer practice and to understand more complex instructions.
  6. **COACHES RECOMMENDATION**
  
- **Jr Silver (15 & Under)** – this group is for those swimmers who do not meet the criteria of the Gold groups.
  1. Need to be independent in “deep water”.
  2. Need to participate in at least one swim meet per season.
  
- **Sr Silver (13 years old and older)** – this group is for those swimmers who do not meet the criteria of the Gold groups.
  1. Need to be independent in “deep water”.
  2. Need to participate in at least one swim meet per season.