



Black Group Requirements To Apply

- A meeting with the coaching staff is required to join the black group.
- For mature 13 and older swimmers with or close to JOs.
- The goal of the group is to qualify for national level meets.
- 75% attendance a week is 4.5 practices based on a Monday to Saturday schedule.
- 4 practices a week must be maintained. 4 full 2.25 practice is a total of 9 hours a week.
- There will be leeway because of holidays and late starts for home varsity meets.
- A full practice is 100%. 25% is deducted for arriving late. 25% is deducted for leaving early. 25% is deducted for not having equipment.
- All training equipment is required.
- A meeting with the coaching staff is required at the start of the varsity swim season.
- No other non swimming school sports are allowed during the championship season.
- Vacations should be discussed with the coaching staff. December - February are important for training and for success at the end of the season.
- Swimmers in this group will be held to the highest standard. Swimmers in this group should be the example for the rest of the team. Swimmers with distracting behavior to the group and coaching staff will be moved to a different group.
- Long course is important. Swimmers will be reevaluated based on their commitment for the long course season in April.
- Swimmers not meeting these requirements will be moved to a group with more appropriate training. No tuition refunds if a swimmer is moved out of the group.

Swimmer _____ Signature _____ Date _____

Parent _____ Signature _____ Date _____

Coach _____ Signature _____ Date _____