

Move Up Criteria:

*Coaches have final say on all move ups

Age Group 1 (Ag1):

- Perform all 4 strokes legally in a 100 IM
- Perform all turns legally
- Perform a 300 free with all legal turns
- Almost all swimmers new to Storm will start in the Ag1 level

Age Group 2 (Ag2):

- Swim 6x100 Free on the 2:00 interval
- Kick 8x50 kick on the 1:15 interval
- Swim 8x50 IM order (1:10 Fly/Back, 1:15 Breast and 1:05 Free)

Age Group 3 (Ag3):

- Swim 8x100 Free on the 1:45 interval
- Kick 10x50 on the 1:05 interval
- 12x50 IM order (1:05 Fly, 1:00 Back, 1:05 Breast and :55 Free)
- 200 IM time of 3:05 or better
- Minimum Age to move to Jr1: 10

Junior 1 (Jr1):

- 12x100 on the 1:35 interval
- 12x50 kick on the :55 interval
- 16x50 IM order (:55 Fly/Back, 1:00 Breast and :50 Free)
- 200 IM time of 2:45 or better
- Minimum age to move to Junior 2: 11

Junior 2 (Jr2):

- 14x100 on the 1:20 interval
- 16x50 kick on the :50 interval
- 20x50 IM order (:45 Fly/Back, :50 Breast and :40 Free)
- 200 IM time of 2:30 or better
- Minimum age to move to Sr: 13

Senior (Sr):

- Continue to work at a high level in both practices and at meets
- Swimmers in 9th grade may choose to swim with the Sr Group, regardless of ability. Please talk to your coach in advance for the pros and cons regarding this.