

## Advancement

Group placements are based on each swimmer's individual progression throughout the year. While a swimmer's performance in swim meets is considered, racing times and meet performance are **indirect** factors when determining group placement. Swimmers are evaluated every four to eight weeks *during practice*. We not only consider their individual strengths and needs, we consider the groups as a whole and what is best for our swimmers and program overall. In deciding when each swimmer should advance to the next level, the primary factors in determining a swimmer's readiness are:

- **Commitment** to the sport through consistent practice attendance and meet attendance as recommended by the coach and in conjunction with the training group expectations
- **Maturity** in chronological age, physiological age and emotional development; swimmers are expected to show leadership within their group, respect for coaches and teammates, and exemplify a strong desire to advance to the next level by displaying a high degree of personal initiative consistently, on a regular basis.
- **Stroke proficiency** and training ability. Swimmers must demonstrate the ability to maintain stroke integrity during training to the standard of the group. An inability to maintain proper form reinforces poor technique, which hinders their performance.

### To be considered for Junior II, swimmers must demonstrate:

- The ability to read and understand how to use a pace clock, as it relates to training
- All legal turns with a minimum of three under-water dolphin kicks off of each wall (breaststroke – legal pull-out)
- 8 x 100 free @ 1:50 including flip-turns and three under-waters kicks
- 4 x 100 IM @ 2:10 executed legally
- 8 x 50 flutter kick @ 1:15 both with and without a kick board.
- Attendance minimum of three days per week (60%)
- Complete IMR Events (Legally) prior to advancing

### To be considered to advance to Junior I, swimmers must demonstrate:

- 8 x 100 free @ 1:30 (including flip-turns, five under-waters kicks, etc.)
- 6 x 100 IM @ 1:40 (executed legally)
- 300 Kick under 5:30
- Attendance percentage of 80%
- 1 "Champs" Cut
- Complete IMX Events prior to advancing

*Placement/advancement is at the Coach's discretion.*

We are a year-round training program and we take into account both short and long course seasons when evaluating swimmers and groups. While we do not discourage swimmers from participating in activities and events outside of the Blazers, we offer training opportunities between the months of September and July. As a swimmer advances through the program, an increase in commitment is expected, to fully benefit from the training regimen. Our goal is to have our age group swimmers gain training and racing experience in a variety of events and distances to further help them to realize their own strengths and to better understand what it will take to advance to the next level.