



Raleigh Swimming Association

www.swimrsa.org

Practice Group Move-Up Criteria

The information below is designed to help families understand coach expectations for athletes to move TO a particular group. The driving criteria to move to a group are noted in the group categories, *but it is important to note that the coaching staff has the final discretion regarding an athlete's practice group placement.* It is also important to note that the coaching staff is continuously evaluating their athletes to determine the best movement strategy for each athlete.

Sonner Facility Introductory Practice Groups:

Tarpon (to move up from lessons or to join from external evaluation)

- Age: 4 to 5 years old or a 3 year old with a WSA swim lesson referral
- Ability to swim 12.5 yards of 'freestyle' independently with a propulsive flutter kick
- Ability to swim 12.5 yards of 'backstroke' with an independent back float and a propulsive kick
- Ability to demonstrate listening skills in a group setting
- Ability to follow directions in a group setting
- Time standards: none
- Minimal meet participation subject to Lead Coach approval

Seahorse

- Age: 5 (turning 6 within 2-3 months) or already turned 6
- Ability to swim 25 yards of freestyle unassisted and without stopping
- Ability to swim 25 yards of backstroke unassisted and without stopping
- Ability to swim 12.5 yards of recognizable breaststroke unassisted and without stopping
 - stroke does not have to be legal
 - looking for approximate breaststroke pull and kick in coordination
- Ability to demonstrate listening skills and follow directions in a group setting
- Time standards: none
- Minimal meet participation subject to Lead Coach approval

SeaStar

- Age: 6 (turning 7 within 2-3 months) or already turned 7
- Consistent practice attendance, particularly Saturday practices
- Ability to demonstrate strong and legal freestyle and backstroke
- Ability to demonstrate rhythmic side breathing in freestyle
- Ability to demonstrate a breaststroke kick
- Ability to demonstrate breaststroke arms in coordination with breaststroke kick
- Ability to demonstrate a butterfly kick
- Ability to demonstrate an understanding of freestyle and backstroke flip turns
- Ability to perform a sitting, kneeling, compact and stride dive
- Ability to circle swim
- Ability to grasp more advanced technique work
- Ability to exceed expectations consistently

- Ability to demonstrate listening skills and follow directions in a group setting
- Time standards: none
- Meet participation encouraged

Sonner Facility Annual Commitment Practice Groups:

Nova

- Age: 7 years old (turning 8 within 2-3 months) or already turned 8
- Consistent practice attendance
- Ability to demonstrate more technical aspects of legal freestyle and backstroke
- Ability to demonstrate progress toward mastering rhythmic side breathing in freestyle
- Ability to demonstrate a legal breaststroke kick
- Ability to demonstrate progress toward mastering breaststroke arms in coordination with breaststroke kick
- Ability to demonstrate legal butterfly kick
- Ability to demonstrate progress toward mastering butterfly arms in coordination with butterfly kick
- Ability to demonstrate consistent and legal freestyle and backstroke flipturns
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to circle swim
- Ability to grasp more advanced technique work
- Ability to exceed expectations consistently
- Ability to demonstrate listening skills and follow directions in a group setting
- Time standards: none
- Meet participation encouraged

Dolphin

- Age: 8 to 10 years old
- Consistent practice attendance with a minimum recommendation of three (3) practices per week
- Three (3) or four (4) legal strokes
- Ability to demonstrate consistent and legal freestyle and backstroke flipturns
- Ability to perform open turns
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to circle swim
- Ability to demonstrate a basic understanding of a pace clock
- Ability to grasp more advanced technique work
- Ability to exceed expectations consistently
- Ability to demonstrate listening skills and follow directions in a group setting
- Time standards: none
- Meet participation expected

Wahoo

- Age: 9 to 11 years old
- Consistent practice attendance with a minimum recommendation of four (4) practices per week
- Consistent dryland practice attendance with a minimum recommendation of two (2) practices per week
- 4 legal strokes
- Ability to perform legal flip turns, open turns and IM transition turns
- Ability to read a pace clock
- Ability to demonstrate an understanding of intervals and interval training

- Ability to work with teammates in a group setting
- Ability to demonstrate an understanding of simple race strategies
- Time standards: none
- Meet participation expected

Mackerel

- Age: 11 to 13 years old and in middle school
- Consistent practice attendance with a minimum recommendation of four (4) practices per week
- Ability to read a pace clock
- Four (4) legal strokes
- Ability to demonstrate an understanding of flip turns, open turns and IM transition turns
- Ability to demonstrate a basic understanding of intervals and interval training
- Time standards: none
- Meet participation expected

Barracuda

- Age: 11 to 13 years old or 10 years old with 11-12 Age Group Champs cuts in at least two (2) different strokes (or one stroke and an IM event)
- Consistent practice attendance with a minimum expectation of four (4) practices per week; failure to meet expectations may result in practice group reassignment
- Consistent dryland practice attendance with a minimum expectation of two (2) practices per week
- Ability to perform legal flip turns, open turns and IM transition turns
- Ability to read a pace clock
- Ability to demonstrate an understanding of intervals and interval training
- Ability to work with teammates in a group setting
- Ability to adapt to a fast-paced environment
- Ability to demonstrate an understanding of more complex race strategies
- Ability to successfully transition from aerobic training to more anaerobic training
- Ability to demonstrate a desire to learn more complex goal-setting and communication skills
- Time standards: 9-10 'A' Time in at least one (1) stroke
- Meet participation required

Cobia

- Age: 13 to 15 years old
- Consistent practice attendance with a minimum recommendation of four (4) practices per week
- Consistent dryland practice attendance with a minimum recommendation of two (2) practices per week
- Ability to demonstrate an understanding of intervals and interval training
- Ability to work with teammates in a group setting
- Ability to demonstrate an understanding of race strategies for a variety of strokes and distances
- Time standards: none
- Meet participation expected

PreSenior

- Age: 13 to 15 years old or 12 years old with two (2) 13-14 Age Group Champs in at least two (2) different strokes (or one stroke and an IM event)
- Consistent practice attendance with a minimum expectation of five (5) practices per week; failure to meet expectations may result in practice group reassignment

- Consistent dryland practice attendance with a minimum expectation of three (3) practices per week
- Ability to perform legal flip turns, open turns and IM transition turns
- Ability to read a pace clock
- Ability to demonstrate an in-depth understanding of intervals and interval training
- Ability to work with teammates in a group setting
- Ability to adapt to a fast-paced environment
- Ability to demonstrate an understanding of more complex race strategies
- Ability to successfully complete larger, more aerobic practice sets
- Ability to successfully complete fast interval repeats with little rest
- Desire to set goals and communicate with coaches about goals
- Time standards: 11-12 'A' Time in at least one (1) stroke
- Meet participation required

Senior Silver

- Age: 14 years old and a high school student
- Consistent practice attendance with a minimum expectation of six (6) practices per week; failure to meet expectations may result in practice group reassignment
- Consistent dryland practice attendance with a minimum expectation of three (3) practices per week
- Willingness to attend weekday and/or weekend morning practices per week
- Ability to demonstrate an in-depth understanding of intervals and interval training
- Ability to work with teammates in a group setting
- Ability to adapt to a fast-paced environment
- Ability to demonstrate an understanding of more complex race strategies
- Ability to successfully complete larger, more aerobic practice sets
- Ability to successfully complete fast interval repeats with little rest
- Desire to set goals and communicate with coaches about goals
- Time standards: none
- Meet participation required

Senior Gold

- Age: 15 years old and in second semester of freshman year of high school
- Consistent practice attendance with a minimum expectation of seven (7) practices per week; failure to meet expectations may result in practice group reassignment
- Consistent dryland practice attendance with a minimum expectation of three (3) practices per week
- Willingness to attend a minimum of two weekday morning practices per week
- Ability to work with teammates in a group setting
- Ability to adapt to a fast-paced environment
- Ability to exceed expectations consistently
- Desire to set goals and communicate with coaches about goals
- Time standards: 13-14 'A' Time in at least two (2) different strokes (or one stroke and an IM event)
- Meet participation required

Sonner Facility Monthly Commitment Practice Groups:

Jack

- Age: elementary school student; minimum age 8 years old
- Consistent practice attendance with a recommendation of three (3) times per week
- Ability to demonstrate more technical aspects of legal freestyle and backstroke
- Ability to demonstrate progress toward mastering rhythmic side breathing in freestyle
- Ability to demonstrate a legal breaststroke kick
- Ability to demonstrate progress toward mastering breaststroke arms in coordination with breaststroke kick
- Ability to demonstrate legal butterfly kick
- Ability to demonstrate progress toward mastering butterfly arms in coordination with butterfly kick
- Ability to demonstrate consistent and legal freestyle and backstroke flip turns
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to circle swim
- Ability to grasp more advanced technique work
- Ability to demonstrate listening skills and follow directions in a group setting
- Time standards: none
- Meet participation encouraged

Mako

- Age: middle school student
- Recommended attendance of three (3) practices per week
- Three (3) legal strokes
- Ability to demonstrate more technical aspects of legal freestyle and backstroke
- Ability to demonstrate progress toward mastering rhythmic side breathing in freestyle
- Ability to demonstrate a legal breaststroke kick
- Ability to demonstrate progress toward mastering breaststroke arms in coordination with breaststroke kick
- Ability to demonstrate legal butterfly kick
- Ability to demonstrate progress toward mastering butterfly arms in coordination with butterfly kick
- Ability to demonstrate consistent and legal freestyle and backstroke flip turns
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to circle swim
- Ability to read a pace clock
- Ability to grasp more advanced technique work
- Ability to demonstrate listening skills and follow directions in a group setting
- Ability to demonstrate good practice habits and a good work ethic
- Time standards: none
- Meet participation encouraged

Blackfin

- Age: high school student
- Recommended attendance of three (3) practices per week
- Four (4) legal strokes
- Ability to demonstrate more technical aspects of legal freestyle and backstroke
- Ability to demonstrate progress toward mastering rhythmic side breathing in freestyle
- Ability to demonstrate a legal breaststroke kick
- Ability to demonstrate progress toward mastering breaststroke arms in coordination with breaststroke kick

- Ability to demonstrate legal butterfly kick
- Ability to demonstrate progress toward mastering butterfly arms in coordination with butterfly kick
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to demonstrate an understanding of flip turns, open turns and IM transition turns
- Ability to circle swim
- Ability to read a pace clock
- Ability to grasp more advanced technique work
- Ability to demonstrate listening skills and follow directions in a group setting
- Ability to demonstrate good practice habits and a good work ethic
- Time standards: none
- Meet participation encouraged

Bluffs Facility Practice Groups:

Minnow

- Age: 6 to 9 years old
- Consistent practice attendance with a recommendation of two (2) to three (3) times per week
- Ability to swim 25 yards backstroke
- Ability to swim 25 yards freestyle
- Ability to demonstrate breaststroke arms in coordination with breaststroke kick
- Ability to demonstrate a butterfly kick
- Ability to perform a sitting, kneeling, compact and stride dive
- Ability to demonstrate listening skills and follow directions in a group setting
- Time standards: none
- Meet participation encouraged

Sunfish

- Age: 8 to 10 years old
- Consistent practice attendance with a recommendation of two (2) to three (3) times per week
- Ability to demonstrate more technical aspects of legal freestyle and backstroke
- Ability to demonstrate progress toward mastering rhythmic side breathing in freestyle
- Ability to demonstrate progress toward a legal breaststroke kick
- Ability to demonstrate progress toward mastering breaststroke arms in coordination with breaststroke kick
- Ability to demonstrate legal butterfly kick
- Ability to demonstrate progress toward mastering butterfly arms in coordination with butterfly kick
- Ability to demonstrate a basic understanding of flip turns and open turns
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to circle swim
- Ability to grasp more advanced technique work
- Ability to demonstrate listening skills and follow directions in a group setting
- Time standards: none
- Meet participation encouraged

Bluegill

- Age: 9 to 11 years old
- Consistent practice attendance with a recommendation of four (4) to five (5) times per week
- Ability to demonstrate more technical aspects of legal freestyle and backstroke
- Ability to demonstrate progress toward mastering rhythmic side breathing in freestyle
- Ability to demonstrate a legal breaststroke kick

- Ability to demonstrate progress toward mastering breaststroke arms in coordination with breaststroke kick
- Ability to demonstrate legal butterfly kick
- Ability to demonstrate progress toward mastering butterfly arms in coordination with butterfly kick
- Ability to demonstrate consistent and legal freestyle and backstroke flip turns
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to circle swim
- Ability to grasp more advanced technique work
- Ability to demonstrate listening skills and follow directions in a group setting
- Ability to demonstrate good practice habits and a good work ethic
- Ability to read a pace clock
- Time standards: none
- Meet participation encouraged

Bowfin

- Age: 11-13 years old, typically a middle school student
- Consistent practice attendance with a recommendation of three (3) times per week
- Three (3) legal strokes
- Ability to demonstrate listening skills and follow directions in a group setting
- Ability to demonstrate good practice habits and a good work ethic
- Consistent practice attendance with a recommendation of three times a week
- Time standards: none
- Meet participation encouraged

Redtail

- Age: 13-15 years old
- Consistent practice attendance with a recommendation of four (4) times per week
- Three (3) legal strokes
- Ability to circle swim
- Ability to perform a racing start
- Ability to demonstrate consistent and legal freestyle and backstroke flip turns
- Ability to demonstrate legal open turns
- Ability to read a pace clock
- Ability to understand interval training
- Ability to demonstrate listening skills and follow directions in a group setting
- Ability to demonstrate good practice habits and a good work ethic
- Ability to complete more advanced training sets with consistent technique
- Consistent practice attendance with a recommendation of three times a week
- Time standards: none
- Meet participation encouraged

Bass

- Age: high school student
- Recommended attendance of three (3) practices per week
- Four (4) legal strokes
- Ability to demonstrate more technical aspects of legal freestyle and backstroke
- Ability to demonstrate progress toward mastering rhythmic side breathing in freestyle
- Ability to demonstrate a legal breaststroke kick
- Ability to demonstrate progress toward mastering breaststroke arms in coordination with breaststroke kick

- Ability to demonstrate legal butterfly kick
- Ability to demonstrate progress toward mastering butterfly arms in coordination with butterfly kick
- Ability to perform a sitting, kneeling, compact, stride and racing start dive
- Ability to demonstrate an understanding of flip turns, open turns and IM transition turns
- Ability to circle swim
- Ability to read a pace clock
- Ability to grasp more advanced technique work
- Ability to demonstrate listening skills and follow directions in a group setting
- Ability to demonstrate good practice habits and a good work ethic
- Time standards: none
- Meet participation encouraged