

Training Level Selection Comments:

- Training level movement is made after collective input from the staff and is based on an evaluation of the previous and current season.
- The decision will always be based on what is fair and best for the swimmer and fair in relation to the group.
- A swimmer who meets all the criteria below would most likely move up.
- A swimmer who meets four or five of the criteria, may be moved up if they are exceptional in those areas.
- It is imperative that parents and swimmers allow the coaches to make training level placement decisions based on the coaches' experience and their familiarity with the swimmers.
- The head coach makes the final decision.

Time, Ability, & Potential

- Current times must be at or near the standard of the training level. For our select levels (silver & gold), current times must meet the defined time standards. Performance is one of several considerations.
- If the times are less than the standards, the swimmer should have the ability and potential to improve quickly

Training Ability

- Ability to swim through the workout well including the more challenging sets and intervals, as well as aggressive kicking sets and under water training.
- The ability to train with focus and discipline, including with any PARISI/dryland participation.

Technique

- Stroke technique should be relatively efficient to allow for training at higher levels.
- Stroke concerns which could lead to shoulder soreness or injury are always a consideration.

Maturity

- Maturity as a person and athlete includes responsibility, discipline, accountability, and integrity. A swimmer moving up should be a positive influence on the group.

Attendance

- Attendance should be at least at the standard for the training level or higher and should additionally include consistent morning workouts (if relevant) and PARISI attendance.

Team & Meet Commitment

- Fully committed to the meet process and follow team guidelines, including on-time arrival, attire, warmup, warm-down, race maturity, etc. *Note: for our youngest and development level swimmers, team and meet commitment is not a consideration for our preparation and pewter levels.*

Additional Notes on Training Level Placement

- Swimmers in a level, who feel they should be in the higher level, should be outstanding and demonstrate clearly that they excel with the criteria above.
- The best course of action, if there is a question, is to ask the coaching staff where improvement or growth is needed. The head coach will often be involved with this conversation.
- There may be capacity issues within each level, which may not allow all swimmers who are in consideration to move up.
- Reasons that are NOT valid to want to move to a higher level: friends, social, convenience, status, etc.
- Reasons for starting in a lower group would be acclimation to higher attendance requirements, morning workout obligations, and the opportunity to improve training habits or technique