

# Orinda Aquatics

**IM Ready/IM Extreme Program**



**Are YOU ready?!**



*Information about IM Ready/ IM Extreme*

## IM Ready (IMR)

IMR is the first step for swimmers to complete before they can move on to the IMX recognition system. To qualify for IMR, swimmers must complete a series of shorter distance events listed below. All events listed must be completed in the same course (SCY or LCM) within the calendar season for the swimmer to qualify.

**10 and Under:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM or 200 IM (LCM)

**11 and 12:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM or 200 IM (LCM)

**13 and Over:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

*Once a swimmer completes their IMR requirements, they are ready to move into the IMX recognition system and will be eligible to move up the steps in the Orinda Aquatics IMX program.*

## IM Extreme (IMX)

IMX is the next step in the USA swimming endorsed IMR/IMX program. The program consists of a series of longer distance events in all strokes including the Individual Medley. A swimmer must compete in all events listed in the same course (SCY or LCM) within the calendar season to be eligible.

**10 and Under:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**11-12:** 400/500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**13 and Over:** 400/500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

*Points are based on the USA Swimming Power Point System, which was created by USA Swimming in conjunction with Hy-Tek. More information about Power Points can be found on [www.usaswimming.org](http://www.usaswimming.org)*

## **How To participate:**

- All swimmers have to do is to ***sign up for a Deck Pass account***. Deck Pass is a free app available on the App store. If you do not have a smart phone, you can create an account on [www.usaswimming.org](http://www.usaswimming.org)
- Next, compete in each listed event at least once a season in a sanctioned meet and USA swimming will take care of all the point scoring.
- Check your score- scores will be automatically updated every week and swimmers can go on their Deck Pass account and see where they rank within their club, their LSC, and even in the Nation. Families can also go on the Orinda Aquatics website and find the IMX page under “Swim Team Info” for weekly score updates.
- Work on ALL strokes in practice
- Collect your prizes!

# IMX Progression!

**Goal:** To get age-group swimmers on Orinda Aquatics to compete and excel in all strokes and distances as well as the individual medley.

**Step #1:** Become IM Ready or IM Extreme (must have score through USA swimming)

**Prize:** A certificate from USA Swimming

**Step #2:** Score 1,500 points (12 & under) or 2,000 points (13 and over) in IMX

**Prize:** An OA Swim Cap (Silicone or Latex)

**Step #3:** Score 2,500 (12 & under) or 3,000 points (13 and over) in IMX

**Prize:** Nike goggles of your choice

**Step #4:** Score 3,500 (12 and under) or 4,000 points (13 and over) in IMX

**Prize:** An OA/IMX T-Shirt

**Step #5:** Score 4,500 (12 and under) or 5000 points (13 and over) in IMX

**Prize:** 30 minutes private lesson with an OA Coach

## **Team Challenge:**

*When all member of the Junior or Senior group are qualified, the group will have a pizza party/relay workout*

*Swimmers will receive their awards once per year. If a swimmer achieves step three by the end of the Short Course season, they must reach step 4 during Long Course season to win another award. The program will start over at the start of each Short Course season and new awards will be given.*