



Group Selection Comments:

- Group movement is made after input from the staff and is based on an evaluation of the previous and current seasons.
- 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 five or more 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 group placement decisions based on the coaches' experience and their familiarity with the swimmers.**

Times, Ability, & Potential

- Current times should be at or near the standard for the group. *Please note that performance is one of many considerations.* If the times are less than the standard, the swimmer should have the ability and potential to improve quickly.

Attendance

- Attendance should be at least at the standard for the group or higher and should additionally include consistent morning workouts and dryland attendance workouts.

Training ability

- Regardless of times or achievement, the swimmer should be able to train well in the workout including the more challenging sets and intervals, as well as aggressive kicking sets and under water training. Swimmers should also be able to train with focus and discipline, including dryland.

Technique

- Stroke technique should be relatively efficient to allow for training at higher levels. Stroke issues, which could lead to shoulder soreness or injury, are always a serious 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. *Note: With regard to the Senior 4 group, in the past Olympic Trials swimmers were moved and Jr National swimmers were not moved up due to maturity issues.*

Meet Commitment

- Swimmers should be fully committed to the meet process and follow team guidelines, including on-time arrival, attire, warm-up, warm-down, race maturity, etc.

Team Commitment

- Swimmers should be fully supportive of the team, their teammates, and staff.

Additional Notes on Group Movement

- Swimmers in a particular group, who feel they should be in the higher group, should be outstanding and demonstrate clearly that they are dominant in their training group.
- The best course of action, if there is a question, is for the swimmer to ask the coach where improvement or growth is needed.
- Swimmers may be moved up at any time but group changes will typically happen in September (beginning of the season), December (after the winter peak meet), March (after the spring peak meet) and May (after North Coast – Sr Group).
- Capacity issues with a group may be a factor in determining if swimmers should move up.
- Reasons which are NOT valid to want to move to a higher group are friends, social, convenience, status, etc.
- Valid 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.