



BSC Athlete Advancement Guide

General Group Selection Comments:

- Group movement is made after input from the staff and is based on an evaluation of previous and current seasons.
- The decision will always be based on what is fair and best for the swimmer AND what is fair and best 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.

Times, Ability, and Potential

- Current times should be at or near the standard for the group. **Please note that performance is just 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 dryland/double attendance if offered.

Training Ability

- Regardless of times or achievement, the swimmer should be able to train well in the workout group including the more challenging sets and intervals.
- 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 injury are always a serious considerations.

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.

Meet Commitment

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

Team Commitment

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

Additional Notes on Group Movement

- Swimmers in a particular group, who feel they should be in a higher group, should demonstrate clearly that they are excelling in their current 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.
- Capacity issues with a group may be a factor in determining if swimmers should move up.
- Reasons which are NOT valid to be moved up 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, double workout and dryland obligations, and the opportunity to improve training habits or technique.



**BSC Athlete Development Plan
Age Group 2**

Training	Time Management/Self Care	Performance	Character Development
<p>Ready Position with streamline push offs on front and back</p> <p>Freestyle: 1. Bilateral Breathing 2. No breathing into/out of walls</p> <p>Backstroke: 1. Body/Head Position</p> <p>Butterfly: 1. Body Dolphin 2. Legal Hand Entry and Kick</p> <p>Breaststroke: 1. Legal Kick 2. Basic Understanding of Pullout</p> <p>Dive Certified 2-3 Streamline Dolphin Kicks off walls Basic Understanding of Flip and Open Turns</p>	<p>Arrives at practice and gets in the water on time.</p> <p>Brings all required gear to every practice (Kickboard, Fins, Goggles, Cap, Swimsuit)</p>	<p>Get an IM Ready (IMR) Score 1. 100 Freestyle 2. 50 Back, 50 Breast, 50 Butterfly 3. 100 IM</p>	<p>Adheres to the BSC Athlete Code of Conduct</p> <p>Respectful of pools, locker room, team equipment, and other swimmers' property</p> <p>Cheers with and for teammates</p> <p>Respectful of meet official, coaches, parents, teammates, & yourself</p>
Expertise	Personal Responsibility	Competition	Team Commitment
<p>Circle Swimming</p> <p>Uses Backstroke Flags</p> <p>Proper Use of: 1. Cap 2. Goggles 3. Kickboard 4. Fins</p> <p>Has own equipment and brings it to practice as directed by the coach</p> <p>Understands Safety Rules</p>	<p>Have Fun and Smile 😊</p> <p>Follows instructions</p>	<p>Compete in meets as recommended by the coach</p>	<p>Attends Practice Consistently (75% monthly practice recommended)</p> <p>Wears BSC cap at practices and meets</p>
Age Range	Practice Standards	Meet Standards	
<p align="center">10 & Under</p>	<p>Legal in all 4 competitive strokes Streamline off all walls</p>	<p>Strives to achieve OSI B time standards</p>	



**BSC Athlete Development Plan
Age Group 1**

Training	Time Management/Self Care	Performance	Character Development
<p>Can kick on front and back with and without a kickboard.</p> <ol style="list-style-type: none"> Flutter Kick Dolphin Kick Breaststroke Kick <p>Freestyle:</p> <ol style="list-style-type: none"> Bilateral Breathing No breathing into/out of walls 2-3 Streamline Dolphin Kicks off walls <p>Backstroke:</p> <ol style="list-style-type: none"> Legal turn with good push-off 2-3 Streamline Dolphin Kicks off walls 2-hand touches Understands backstroke dive <p>Butterfly:</p> <ol style="list-style-type: none"> Coordination Timing 2-hand touches 2-3 Streamline Dolphin Kicks off walls <p>Breaststroke:</p> <ol style="list-style-type: none"> Legal Kick Basic Understanding of Pullout 2-hand touches <p>Uses proper flip and open turns</p> <p>Dive Certified</p> <p>Basic understanding of pace clock and sendoffs</p>	<p>Ready to start practice on time</p> <p>Brings all required gear to every practice (Kickboard, Fins, Goggles, Cap, Swimsuit)</p>	<p>Get an IM Ready (IMX) Score 10 and Under:</p> <ol style="list-style-type: none"> 100 Freestyle 100 Back, 100 Breast, 100 Butterfly 200 IM <p>11-12</p> <ol style="list-style-type: none"> 400/500 Freestyle 100 Back, 100 Breast, 100 Butterfly 200 IM 	<p>Adheres to the BSC Athlete Code of Conduct</p> <p>Follows directions at practice without disrupting teammates</p> <p>Supports teammates at practice and meets</p> <p>Respectful of meet official, coaches, parents, teammates, & yourself</p> <p>Cheers with and for BSC teammates</p> <p>Respectful of pools, locker room, team equipment, and other swimmers' property</p>
Expertise	Personal Responsibility	Competition	Team Commitment
<p>Demonstrates safe behavior around and in the pool</p> <p>Uses training gear properly</p> <p>Sets goals for the season</p> <p>Understands lane etiquette</p> <p>Uses backstroke flags</p>	<p>Have Fun and Smile 😊</p> <p>Communicates with coach</p> <p>Arrives at practice on time</p> <p>Follows instructions</p>	<p>Compete in meets as recommended by the coach</p> <p>Places a priority on OSI Championships, Age Group Regionals, & Sectionals.</p>	<p>Regularly attends BSC practice (75% monthly recommended)</p> <p>Represents BSC at swim meets (wears team cap, suit, etc.)</p> <p>Participates in team cheers at swim meets</p>
Recommended Age Range	Practice Standards	Meet Standards	
<p>9-11</p>	<p>Can swim a 100 IM without stopping to rest</p> <p>Can swim a 200 freestyle with stopping to rest with legal flip/open turns on all walls</p> <p>Can swim a legal 50 in all 4 strokes</p> <p>Can complete a 1 hour pool workout</p>	<p>Strives to achieve OSI A time standards</p>	



**BSC Athlete Development Plan
Junior 2**

Training	Time Management/Self Care	Performance	Character Development
<p>Has the correct gear and treats it with respect.</p> <p>Master of pace clock and interval training.</p> <p>Takes bathroom breaks/ask questions before the set starts, not during.</p> <p>Understands correlation between practice performance and meet performance.</p> <p>Starts to understand back to breast crossover turns</p> <p>Understands all AG 1 training standards</p> <p>Leaves 5 - 10 seconds apart</p>	<p>Begins grasping the concepts of balancing time between school, home, swimming, and other extracurricular activities</p> <p>Starts to understand the importance of rest and recovery</p> <p>Basic knowledge of proper fueling for optimal practice performance</p>	<p>Has an IM Extreme (IMX) Score</p> <ol style="list-style-type: none"> 1. 500 Freestyle 2. 400 IM 3. 200 IM 4. 100 Butterfly, Backstroke, Breaststroke 	<p>Adheres to the BSC Athlete Code of Conduct</p> <p>Follows directions at practice without disrupting teammates</p> <p>Supports teammates at practice and meets</p> <p>Respectful of meet official, coaches, parents, teammates, & yourself</p> <p>Cheers with and for BSC teammates</p> <p>Respectful of pools, locker room, team equipment, and other swimmers' property</p> <p>Communicates with and actively listen to the coaches and teammates.</p>
Expertise	Personal Responsibility	Competition	Team Commitment
<p>Uses training gear properly</p> <p>Sets goals for the season</p> <p>Sets goals for practice sessions.</p>	<p>Have fun and smile 😊</p> <p>Learns to control emotions at practices and meets</p> <p>Demonstrates a positive mental attitude</p>	<p>Compete in suggested meets and in the highest level of competition qualified.</p> <p>Attends BSC Travel Meets.</p> <p>Places a priority on OSI Championships, Age Group Regionals, & Sectionals.</p>	<p>Attend practice on a regular basis (75% monthly attendance recommended)</p> <p>Observes all safety procedures at meets and practices.</p>
Recommended Age Range	Practice Standards	Meet Standards	
<p align="center">10-12</p>	<p>6 x 100 Free @ 2:00 (scm)</p> <p>6 x 100 IM @ 2:20 (scm)</p> <p>4 x 100 Flutter kick @ 2:30 (scm)</p>	<p>Can swim all four strokes at an OSI qualifying standard.</p> <p>At least 1 Age Group Regional qualifying time</p>	



BSC Athlete Development Plan Junior 1

Training	Time Management/Self Care	Performance	Character Development
<p>Ability to train all strokes and distances, which may be required for advanced training.</p> <p>Has the correct gear and treats it with respect.</p> <p>Takes bathroom breaks/ask questions before the set starts, not during.</p> <p>Understands correlation between practice performance and meet performance.</p> <p>Master of pace clock and interval training.</p> <p>Is disciplined about the details such as stroke count, kick count, breathing patterns, and stroke rate and understands how they correlate to practice and meet performance.</p> <p>Leaves 5 - 10 seconds apart</p>	<p>Swimmers should work with the goal in mind of eventually moving up to Senior 1. Never sell yourself short or settle for anything less than your best.</p> <p>Ensures proper recovery through healthy eating, adequate sleep, and proper hydration at meets and practice.</p> <p>Properly fuels for optimal practice performance</p>	<p>Has an IM Extreme (IMX) Score</p> <ol style="list-style-type: none"> 1. 500 Freestyle 2. 400 IM 3. 200 IM 4. 200 Butterfly, Backstroke, Breaststroke - 13+ 5. 100 Butterfly, Backstroke, Breaststroke - 11-12 	<p>Adheres to the BSC Athlete Code of Conduct</p> <p>Lane Leadership</p> <p>Positive Practice Attitude</p> <p>Cheers with and for teammates.</p> <p>Communicates with and actively listen to the coaches and teammates.</p> <p>Understands and takes responsibility for attendance, performance, and practice habits and how these all relate to meet performance.</p> <p style="background-color: #FFD700;">Understand that you are a leader and a role model not only to your teammates but also the community.</p>
Expertise	Personal Responsibility	Competition	Team Commitment
<p>Knows time standards, best time, and splitting for practices and meets.</p> <p>Sets practice and performance goals.</p> <p>Starts to learn and implement visualization techniques for practice and meets.</p>	<p>Have Fun and Smile 😊</p> <p>Controls emotions at practice and meets.</p> <p>Demonstrates a positive mental attitude and growth mindset.</p> <p>Understand the work vs. reward relationship.</p> <p>Uses pre and post game rituals to maintain concentration and rebound quickly from mistakes or poor performance.</p> <p>Know that your coaches are here to help; don't be afraid to ask questions or seek advice</p> <p>Demonstrates and verbally communicates that participation is worth their time and efforts</p>	<p>Compete in suggested meets and in the highest level of competition qualified.</p> <p>Attends BSC Travel Meets.</p> <p>Places a priority on OSI Championships, Age Group Regionals, & Sectionals.</p>	<p>Attends practice regularly (80% monthly recommended)</p> <p>Arrives at practice 10 minutes early and is ready to swim on time.</p> <p>Observes all safety procedures at meets and practices.</p>
Recommended Age Range	Practice Standards	Meet Standards	
<p>11-14</p> <p>Junior High School</p>	<p>8 x 100 @ 1:30 (scm)</p> <p>6 x 100 IM @ 1:45 (scm)</p> <p>4 x 100 Kick @ 2:00 (scm)</p>	<p>Can swim all four strokes at an OSI qualifying standard.</p> <p>At least 2 Age Group Regional qualifying times</p>	



BSC Athlete Development Plan Senior 1

Training	Time Management/Self Care	Performance	Character Development
<p>Completes 200 of each stroke with good form, underwaters, and stroke counts.</p> <p>Has the correct gear and treats it with respect.</p> <p>Takes bathroom breaks/ask questions before the set starts, not during.</p> <p>Understands correlation between practice performance and meet performance.</p> <p>Master of pace clock and interval training.</p> <p>Is disciplined about the details such as stroke count, kick count, breathing patterns, and stroke rate and understands how they correlate to practice and meet performance.</p> <p>Has the correct gear and treats it with respect.</p> <p>Leaves 5 - 10 seconds apart</p>	<p>Understand that swimming and the BSC are now a priority outside of family and school.</p> <p>Balances time between home, school and swimming effectively so that there is little interference between the three.</p> <p>Ensures proper recovery through healthy eating, adequate sleep, and proper hydration at meets and practice.</p> <p>Properly fuels for optimal practice and meet performance</p>	<p>Has an IM Extreme (IMX) Score</p> <ol style="list-style-type: none"> 1. 500 Freestyle 2. 400 IM 3. 200 IM 4. 200 Butterfly, Backstroke, Breaststroke 	<p>Adheres to the BSC Athlete Code of Conduct</p> <p style="background-color: #FFD700;">Understand that you are a leader and a role model not only to your teammates but also the community.</p> <p>Cheers with and for teammates.</p> <p>Communicates with and actively listen to the coaches and teammates.</p> <p>Understands and takes responsibility for attendance, performance, and practice habits and how these all relate to meet performance.</p> <p>Willingness to learn.</p> <p>Participates in group events, team volunteer opportunities, and fundraisers.</p> <p>Congratulates and encourages teammates in practice and meets.</p> <p>Respectful of pools, locker room, team equipment, and other swimmers' property</p>
Expertise	Personal Responsibility	Competition	Team Commitment
<p>Knows time standards, best time, and splitting for practices and meets.</p> <p>Sets practice and performance goals.</p> <p>Uses visualization techniques.</p> <p>Sets seasonal and annual goals.</p>	<p>Have Fun and Smile 😊</p> <p>Controls emotions at practice and meets.</p> <p>Demonstrates a positive mental attitude and growth mindset.</p> <p>Understand the work vs. reward relationship.</p> <p>Uses pre and post game rituals to maintain concentration and rebound quickly from mistakes or poor performance.</p> <p>Know that your coaches are here to help; don't be afraid to ask questions or seek advice</p> <p>Demonstrates and verbally communicates that participation is worth their time and efforts</p>	<p>Competes in all offered USA Swimming meets, including championship meets as assigned by the coach.</p> <p>Attends BSC Travel Meets.</p> <p>Demonstrates proper warm-up/warm-down behaviors at meets</p> <p>Places a priority on team performance at state, regionals, sectionals, juniors and above.</p>	<p>Maintains 80% monthly attendance.</p> <p>Arrives at practice 10 minutes early and is ready to swim on time.</p> <p>Observes all safety procedures at meets and practices.</p>
<p>13+ High School</p>	<p>10 x 100 Freestyle on 1:25 (scm) 10 x 100 IM on 1:40 (scm) 600 flutter kick @ 10:00 (1:40/100) or 6 x 100 on 1:50 (scm)</p>	<p>At least 2 Oregon Swimming "A" Standards</p>	