

**The following are criteria the BBST coaching staff has determined to be necessary for swimmer movement between training groups of Bellingham Bay Swim Team. However, group move-ups are solely at the discretion of the coaches.*

Platinum Group Placement Criteria

Ability to train – Swimmers in Platinum are able to train at a high intensity for an entire practice, and have enough knowledge of their technique to make drill sets challenging as well.

- 15x100's Fr @ 1:25
- 12x100's IM @ 1:40
- 8x100's BBF @ 1:45
- 10x100's Fr K @ 1:50

Attendance – Set to a minimum of 5 practices per week, swimmers in Platinum may have other extracurricular activities going on, but they don't get in the way of swimming, which is their focus. Platinum swimmers are at a crossroads – if they want to progress in swimming, they must commit to it full time.

Attitude – Platinum swimmers have goals set for the season, and for the year, and at the end of one section of the season, they are setting new goals and readjusting old ones. They also have practice related goals to help them measure how well/poorly they are training. Platinum swimmers are able to take the times they are going in practice and use them to figure out what kind of shape they are in. Platinum swimmers take pride in the work they are doing in the water.

Technique – Platinum swimmers know full well that drill sets are not a chance to relax in practice. They are able to swim by the mantra “the hardest set I ever did was 25's of Catch Up drill.”

Social Age – The swimmer must be able to relate to their peers in their group. As fast as a 10 year old may be, they are going to struggle when surrounded by 12/13 year olds. Platinum swimmers push each other, hold each other accountable and, at times, call each other out – a responsible Platinum swimmer understands their success relies on the overall success of the group, and they don't want to see the quality of the group drop because of a few troublemakers.

Equipment – Fins, kickboard, pull buoy, water bottle, snorkel, mesh bag