

ADVANCING SQUADS WITHIN NWAC

Every swimmer has potential; some greater than others, but nonetheless, the lifeblood of a coach and a competitor is for swimmers to reach their fullest potential. As a swimmer progresses and continues to reach their potential as an athlete and a person, the measure of the swimmers improvement as an athlete can be easily defined by how they advance through the various levels of their team. For NWAC to grow as a club and for swimmers to reach their potential, our athletes should focus on what it will take for them to advance to the next level. That is the kind of swimmer we want at NWAC: one who wants to improve and challenge themselves.

NWAC coaches look at a variety of factors when evaluating an athlete's development, but as a guiding philosophy we want to always carefully evaluate whether an athlete is ready for the move and just as importantly, whether the family is ready for the move. Keeping in mind NWAC's Mission Statement to develop an atmosphere "*where swimming becomes a lifetime sport and we routinely produce collegiate competitors*", we focus on what is best for the athlete in the long run and we carefully consider the social impacts of a move. As a general rule, we prioritize moving groups of swimmers together, rather than individuals. This philosophy is borne out of the belief that when they are with their friends at the pool, kids tend to have the most fun and they tend to stay with the sport longer.

Each year, the coaching staff considers two squad moves: on April 1 and June 15, with an optional Jan1 move. The steps we take are:

1. The coaching staff identifies candidates for squad moves, having discussed it thoroughly.
2. The Squad coach notifies the swimmer that they are being considered for a squad move.
3. A meeting is called with the swimmer and their parents and the 2 coaches involved to discuss the possible move, why the swimmer is qualified, and what the expectations are in the new squad.
4. The move may be agreed upon, in which case, a timetable is set. A move may be considered but not fully agreed upon, in which case, a "transitional" training period is set, giving the athlete, family and coach time to adjust before making a final decision.

Seven criteria are used when evaluating a swimmer for advancement:

1. Commitment (Practice attendance)
2. Consistency (Effort in practice)
3. Character; Positive Attitude
4. Meet Attendance
5. Meet Performance
6. Technical Proficiency
7. Available water space

The chart below describes some guidelines the coaching staff will follow when considering a move into a new group, as well as what it takes to maintain the athletes position on the squad. Please keep in mind that there may be circumstances where a regressive squad move(a move back) may be considered. Please keep in mind that the final decision is by the coach. We encourage all parents to touch base with the coach to find out how their child is progressing toward squad advancement.

	COMMITMENT	CONSISTENCY	CHARACTER/ POS. ATI	MEET ATTENDANCE	MEET PERFORMANCE	TECHNICAL PROFICIENCY
SR						
ENTRY STANDARDS	JR Exit Standards					
MAINTENANCE STDS.	80% practice attendance	Effort: Maximum	SR Squad leader	80% qualified meets	SRN, JRN, SRS, AGS, PNS GOL	1 stroke: Excel
	Morning practice: 1/ week	Water effort= dryland effort	JR Peer Coach	Travel: Out of State	PR: 80% Championship	All 4 strokes: Proficient skills
	Saturday practice	Test Sets: 60% PR			PR: 60% Season	Underwater: Proficient skills
		Capacity: 10,000 M				Drill progressions: proficient skills
JR						
ENTRY STANDARDS	Gold Exit Standards					
EXIT STANDARDS	70% practice attendance	Effort: Best	Pass Leadership Test	70% qualified meets	AGS, PNS cuts, Gold	1 stroke: Proficient skills
	Saturday practice	Water effort= dryland effort	Lane leader	Travel: Out of State	PR: 70% Championship	All 4 strokes: Moderate skills
		Test Sets: 60% PR			PR: 70% Season	Start,turn: Moderate skills
		Capacity: 8,000 M				Clock mgt.: Proficient skills
						Drill progressions: Proficient skills
GOLD						
ENTRY STANDARDS	Silver Exit Standards					
EXIT STANDARDS	70% practice attendance	Effort: Better	Pass Leadership Test	50% qualified meets	PNS, AGS cuts, Gold, Silver	All 4 strokes: Moderate skills
	Saturday practice	Water effort= dryland effort			PR: 70% Championship	Start,turn: Moderate skills
		Test Sets: 50% PR			PR: 70% Season	Clock mgt.: Moderate skills
		Capacity: 5,500 M				Drill progressions: Moderate skills
SILVER						
ENTRY STANDARDS	Bronze Exit Standards					
EXIT STANDARDS	60% practice attendance	Effort: Good	Pass Leadership Test	50% qualified meets	Gold, Silver cuts	All 4 strokes: legal
		Water effort= dryland effort			PR: 70% Season	Start,turn: legal
		Test Sets: 50% PR			Divisionals top-12	Clock mgt.: Beginning skills
		Capacity: 2,500 M				Drill progressions: Beginning skills
BRONZE						
ENTRY STANDARDS	Novice Exit Standards					
EXIT STANDARDS	50% practice attendance	Effort: good	Pass Leadership Test	50% qualified meets	Divisionals participate	All 4 strokes: Moderate skills
		Water effort= dryland effort			PR: 70% Season	Start,turn: Moderate skills
		Test Sets: 50% PR				Clock mgt.: Basic understanding
		Capacity: 1,200 M				Drill progressions: Basic understanding
NOVICE						
ENTRY STANDARDS	N/A	N/A		N/A	N/A	
	FR, BK: Moderate skills					
	BR, FL: Basic skills					
	Start,turn: Basic knowledge					
	NWPRD Lesson: Level 5 or 6					
EXIT STANDARDS	40% practice attendance	Effort: good	Pass Leadership Test	100% home meets	Legal FR, BK	All 4 strokes: Basic skills
		Water effort= dryland effort		50% local meets	PR: 50% Season	Strong kicking skills in FR, BK and BR or
		Club 25 member				Start,turn: Basic skills
		Capacity: 1,000 M				Clock mgt.: Basic knowledge
						Drill progressions: Basic knowledge

