



SAN RAMON AQUA BEARS

“SWIMMING UP” POLICY (11/15/2015)

Objective: To support the swimming development of all Aqua Bears swimmers.

What is “swimming up”? Most Aqua Bears swimmers can be appropriately challenged by attending their age group practices. However, occasionally swimmers may be allowed to “swim up” with an older age group when their own age group practices do not meet their needs. These swimmers still compete within their own age group at swim meets. “Swimming up” also promotes efficiency in each age group practice.

“Swimming Up” Qualifications:

- **For swimmers ages 12 and under as of June 1:**
 - A swimmer who has earned gold medal times or above in 3 of the 4 strokes by the end of the first dual meet of the season may “swim up” ONE practice level, provided that the Head Coach approves of this arrangement and the Registrar verifies that there are less than 42 swimmers in the older age group. Swimmers who qualify to swim up and wish to do so should initiate the process by submitting a Swimming Up Request Form to the Registrar.
 - Note: From May 1 until the end of the first dual swim meet, swimmers who qualified to swim up in the previous season may continue to swim with the age group that they practiced with during the previous season, if desired. Swimmers who wish to do this should send an email to the Head Coach with a cc: to the Registrar. However, after the first dual swim meet, these swimmers must return to their true age groups for practice if they have not re-qualified to swim up.
- **For swimmers ages 13 and up:** Any swimmer who wishes to “swim up” may do so provided that permission is obtained from the Head Coach. Please submit a Swimming Up Request Form to the Registrar.

Coach and Swimmer Expectations:

- “Swimming up” is optional. A swimmer may choose not to swim up.
- Swimmers who choose to “swim up” must practice with their true age group on Fridays. This provides an opportunity to practice relays and it promotes a sense of age group spirit.
- Swimmers who “swim up” must demonstrate appropriate practice behavior, as well as maturity. Swimming up is a privilege that can be revoked if a swimmer behaves inappropriately at practice.