

# RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER November 2017



<b>Aquatics Billing / Head Age Group Coach</b>	<a href="mailto:ndouglas@bgcsandieguito.org">ndouglas@bgcsandieguito.org</a>	<b>(858) 755-4904</b>
<b>Aquatics Office</b>	<a href="mailto:aquatics@bgcsandieguito.org">aquatics@bgcsandieguito.org</a>	<b>(858) 755-4904</b>
<b>Joe Benjamin Head Coach</b>	<a href="mailto:jbenjamin@bgcsandieguito.org">jbenjamin@bgcsandieguito.org</a>	<b>(858) 755-2920</b>

## November Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
November 3	SCS-Kevin Perry Senior Meet (SCY)	FAST/Fullerton, Ca	Sun. Oct. 15	Champ and Prep if Qualified
November 4-5	SI- All Ages ABC Meet – North (SCY)	RSD/Pardee Aquatics Center	Sun. Oct. 22	All Swimmers
November 17-19	SCS-Palm Springs (SCY)	PST/Palm Springs, CA	Sun. Oct. 29 Early Entry Date!	Team Travel Trip! All Swimmers

## December Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Dec. 1-3	SI-All Ages AB Meet (SCY)	CSA/BBMAC Coronado HS	Sun. Nov. 12	All Qualified
Dec. 7-11	USA-Junior Nationals (SCY)	USA Swimming/	Sun. Nov. 19	All Qualified Senior Championship
Dec. 9	SI-All Ages C Meet (SCY)	ICAC/Palomar College	Sun. Nov. 19	All C Level Swimmers
Dec. 16-18	SI-Winter Age Group Championship (SC)	SI/BBMAC Coronado HS	Mon. Nov. 6 *early deadline*	All Qualified



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# Practice Schedule Changes

- **November 4-5—Saturday & Sunday**

All FSS Groups Practices cancelled due to home swim meet



- **November 10—Friday (Veterans Day):**

FSS Grunion	3:15-4:10 p.m. (no change)
FSS Corvina	3:15-4:10 p.m. (no change)
FSS Leopard Shark	3:55-5:00 p.m. (no change)
Red	9:15-10:30 a.m.
White	9:45-11:45 a.m.
Blue	9:45-11:45 a.m.
Senior Development	7:30-9:30 a.m.
Senior Red	7:30-9:30 a.m.
Senior White	12:15-3:00 p.m.
Senior Blue	12:15-3:00 p.m.
Senior Prep	7:45-10:15 a.m.
Senior Champ	7:45-10:15 a.m.
EPO	-Cancelled-

- **November 11—Saturday**

Regularly scheduled Saturday practice – no practice changes on Sat or Sun!



- **November 23—Thursday (Thanksgiving Day):**

All Practices cancelled

- **November 24—Friday:**

FSS Grunion	3:15-4:10 p.m. (no change)
FSS Corvina	3:15-4:10 p.m. (no change)
FSS Leopard Shark	3:55-5:00 p.m. (no change)
Red	-Cancelled-
White	-Cancelled-
Blue	9:00-10:30 a.m.
Senior Development	9:30-11:30 a.m.
Senior Red	9:30-11:30 a.m.
Senior White	7:45-10:00 a.m.
Senior Blue	7:45-10:00 a.m.
Senior Prep	1:00-3:30 p.m.
Senior Champ	1:00-3:30 p.m.
EPO	-Cancelled-

- **November 25—Saturday:**

Regularly scheduled Saturday practice – no practice changes on Sat or Sun!

# RSD Hosted Swim Meet November 4-5



We need your help to run the best swim meet in town!  
**We are better together!!**

Click link to secure your favorite job:  
[2017 SI-RSD All Ages A/B Meet Job Sign-Up](#)

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## USA Swimming Select Camp

Congratulations to Head Coach Joe Benjamin on his selection to coach at the 2017 USA Swimming National Select Camp at the Olympic Training Center, Colorado Springs, CO on October 19-22. Joe worked with the resident USA coaching staff and four select coaches and some of the Nation's best swimmers.

Please join us in congratulating Joe for this amazing accomplishment!

About the National Select Camp: USA Swimming brings 48 of the top USA Swimming member athletes in the nation and seven coaches for a once-in-a-lifetime camp experience. Swimmers are selected from the SWIMS database of top times. During the camp, these swimmers will learn about post-race recovery, drug and supplement rules, psychological training skills, nutrition, and race strategy while the coaching staff works with the athletes and attends the same athlete development education track.



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## Special Visit

RSD was so fortunate and inspired to have a visit from Doug Pardee! The San Diego Icon so instrumental in getting our competition Pool built over 10 years ago, stopped by to watch our workout and visit with swimmers and staff. Head Coach Joe, BGC CEO Marineke Vandervort, and Senior Champ swimmers greet Doug!



# News You Can Use:

## 13 Things Mentally Strong People Don't Do

~by Amy Morin, LCSW

[AmyMorinLCSW.com](http://AmyMorinLCSW.com)

Mentally strong people have healthy habits. They manage their emotions, thoughts, and behaviors in ways that set them up for success in life. Check out these things that mentally strong people don't do so that you too can become more mentally strong.

### 1. They Don't Waste Time Feeling Sorry for Themselves

Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life and understand that life isn't always easy or fair.

### 2. They Don't Give Away Their Power

They don't allow others to control them, and they don't give someone else power over them. They don't say things like, "My boss makes me feel bad," because they understand that they are in control over their own emotions and they have a choice in how they respond.

### 3. They Don't Shy Away from Change

Mentally strong people don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt.

### 4. They Don't Waste Energy on Things They Can't Control

You won't hear a mentally strong person complaining over lost luggage or traffic jams. Instead, they focus on what they can control in their lives. They recognize that sometimes, the only thing they can control is their attitude.

### 5. They Don't Worry About Pleasing Everyone

Mentally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy.

### 6. They Don't Fear Taking Calculated Risks

They don't take reckless or foolish risks, but don't mind taking calculated risks. Mentally strong people spend time weighing the risks and benefits before making a big decision, and they're fully informed of the potential downsides before they take action.

### 7. They Don't Dwell on the Past

Mentally strong people don't waste time dwelling on the past and wishing things could be different. They acknowledge their past and can say what they've learned from it. However, they don't constantly relive bad experiences or fantasize about the glory days. Instead, they live for the present and plan for the future.

### 8. They Don't Make the Same Mistakes Over and Over

They accept responsibility for their behavior and learn from their past mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future.

### 9. They Don't Resent Other People's Success

Mentally strong people can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success.

### 10. They Don't Give Up After the First Failure

They don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right.

### 11. They Don't Fear Alone Time

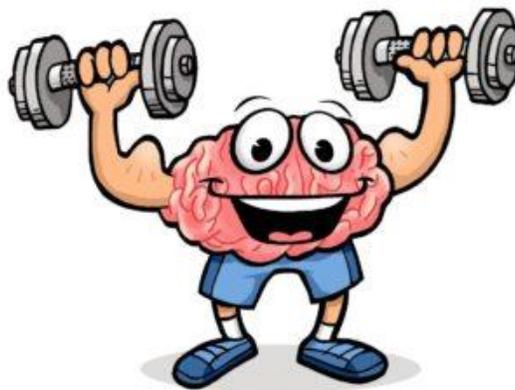
Mentally strong people can tolerate being alone and they don't fear silence. They aren't afraid to be alone with their thoughts and they can use downtime to be productive. They enjoy their own company and aren't dependent on others for companionship and entertainment all the time but instead can be happy alone.

### 12. They Don't Feel the World Owes Them Anything

They don't feel entitled to things in life. They weren't born with a mentality that others would take care of them or that the world must give them something. Instead, they look for opportunities based on their own merits.

### 13. They Don't Expect Immediate Results

Whether they are working on improving their health or getting a new business off the ground, mentally strong people don't expect immediate results. Instead, they apply their skills and time to the best of their ability and understand that real change takes time.



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## 5 Areas Sleep Has The Greatest Impact On Athletic Performance

Sep 23, 2015|by [fatiguescience](#)

“Fatigue makes cowards of us all.”

— Vince Lombardi

The modern elite athlete knows that physical conditioning and good nutrition are critical in reaching peak athletic performance; however, sleep, while often overlooked, plays an equally important role. In recent years, it's become clear that the quality and quantity of sleep obtained by elite athletes can be the edge between winning and losing on game-day.

Five areas sleep has the greatest impact on athletic performance

### 1. IMPROVED REACTION TIMES

Elite athletes can't spare even fractions of a second to react to a play unfolding in front of them. Sleep deprivation is known to reduce reaction times significantly. Even a single all-nighter can reduce reaction times by more than 300%, not to mention recovering takes several days. Studies have shown even a surprisingly low level of fatigue can impair reaction times as much, if not more, than being legally drunk.<sup>1</sup>

It's surprising to hear that “being awake for 22 hours straight can slow your reaction time more than four drinks can”.<sup>2</sup> Clearly, there are physiological differences between being intoxicated and being fatigued; however, if an athlete wouldn't reasonably expect to have peak reaction times after putting back four beers, they can't expect to perform their best on less than a full night's sleep either.

[Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication](#)

Williamson A, Feyer A. (2000)

[How awake are you?](#)

Harvard Medical

# HUMAN PERFORMANCE MODEL

## Influencers of wins and losses



## 2. REDUCED INJURY RATES, IMPROVED OVERALL HEALTH

A University of California study concluded that injury rates in youth athletes increased during games that followed a night of sleep fewer than 6 hours.<sup>1</sup> Another study looking at injury rates in high school athletes found that sleep hours was the strongest predictor of injuries, even more so than the hours of practice.<sup>2</sup>

Why is this the case? As we explored in the first point, fatigue affects reaction time. A tired athlete is slower to react to a potential hit on the ice, the field, or the court. Secondly, fatigue affects the body's immune system, making players more susceptible to illness. Thirdly, shorter sleep periods don't provide the body with sufficient time to regenerate cells and repair from the abuse of workouts, games, and daily activities. Over time, game-earned injuries, health issues, and the inability to fully recover can wear on an athlete and contribute to more time spent on the sidelines.

"If you told an athlete you had a treatment that would reduce the chemicals associated with stress, that would naturally increase human growth hormone, that enhances recovery rate, that improves performance, they would all do it. Sleep does all of those things."

— Casey Smith, Head Athletic Trainer, Dallas Mavericks

[Sports-related injuries in youth athletes: is overscheduling a risk factor?](#)

Luke A, et al. (2011)

[Chronic lack of sleep is associated with increased sports injuries in adolescent athletes](#)

Milewski MD, et al. (2014)

[How sleep deprivation decays the mind and body](#)

The Atlantic

### 3. LONGER PLAYING CAREERS

Beyond acute injuries, one recent study on MLB players has shown fatigue can shorten the playing careers (and therefore income) of professional athletes. “We were shocked by how linear the relationship was,” said the principal investigator W. Christopher Winter, MD, medical director of the Martha Jefferson Hospital Sleep Medicine Center in Charlottesville, Va. “It is a great reminder that sleepiness impairs performance. From a sports perspective, this is incredibly important. What this study shows is that we can use the science of sleep to predict sports performance”.<sup>1</sup>

[Studies link fatigue and sleep to Major League Baseball \(MLB\) performance and career longevity](#)

Winter C. MD

### 4. BETTER ACCURACY, FASTER SPRINT TIMES

Sleep is crucial to the body’s physiological, biochemical, and cognitive restoration. Cheri Mah, a researcher at Stanford, conducted a sleep-extension study with the university’s men’s basketball team. After maintaining a normal sleep schedule for 4 weeks to establish a baseline, players from the team went through a 7-week sleep extension period. Over this time, the players obtained as much nighttime sleep as possible, with 10 hours being the goal. The results:

“Measures of athletic performance specific to basketball were recorded after every practice including a timed sprint and shooting accuracy. Subjects demonstrated a faster timed sprint following sleep extension. Shooting accuracy improved, with free throw percentage increasing by 9% and 3-point field goal percentage increasing by 9.2%. Improvements in specific measures of basketball performance after sleep extension indicate that optimal sleep is likely beneficial in reaching peak athletic performance.”

Similar performance improvements after sleep extension have been seen in tennis players, swimmers, weightlifters, and more.

[The effects of sleep extension on the athletic performance of collegiate basketball players](#)

Mah C, et al. (2011)

[Ongoing study continues to show that extra sleep improves athletic performance](#)

Mah C, et al. (2008)

[The effect of partial sleep deprivation on weight-lifting performance](#)

Reilly T, Piercy M. (1994)

### 5. FEWER MENTAL ERRORS

Sleep loss impairs judgments. Studies have shown motivation, focus, memory, and learning to be impaired by shortened sleep. Without sleep, the brain struggles to consolidate memory and absorb new knowledge. “Past studies have shown that sleep loss impairs the frontal lobe of the brain and has negative effects on decision-making such as sensitivity to risk-taking, moral reasoning and inhibitions”.<sup>1</sup>

On the field, one study has shown that MLB players show decreased ‘plate discipline’ as the season progresses.<sup>2</sup> Meaning the number of times a batter swings at a ball outside of the strike-zone increases. While common logic would predict that plate discipline would improve over the season – as players had more practice and at-bats – the opposite was shown to be true. MLB players consistently showed better judgment at the beginning of the season than at the end. The suspected cause? Mental fatigue during an arduous 162 game season.

“A team that recognizes this trend and takes steps to slow or reverse it – by enacting fatigue-mitigating strategies, especially in the middle and late season, for example – can gain a large competitive advantage over their opponent.”

— Scott Kutscher, M.D., Principal Investigator

[The sleep crisis and the science of slumber](#)

Final thoughts

For all of us, sleep is an important component of maintaining optimum health. For elite athletes, however, sleep becomes a crucial pillar of success. Reaction times and motor function, motivation, focus, stress regulation, muscle recovery, sprint performance, muscle glycogen, glucose metabolism, memory and learning, injury risk, illness rates, unwanted weight gain... sleep (or lack thereof) plays a part in all of these things. And sleep, as more and more athletes are learning, has a big impact on performance, wins, and losses.

“We’re teaching our players: Sleep is a weapon.”

— Sam Ramsden, Dir. of Player Health and Performance, Seattle Seahawks

Online article and website can be found here: [Fatigue Science](#)



# RSD's Swimmers of the Month

## Corvina: TAYLOR LINDLEY



Favorite land animal: Dog  
Favorite sea animal: Dolphin  
Favorite unhealthy snack: Mint chip ice cream  
Favorite healthy snack: Cheese and crackers  
Favorite subject in school: Science  
Favorite hobby: Soccer  
What do I want to do when I grow up? Architect  
If I had one superpower, what would it be? Invisible

## Leopard Shark: RHIA ANGELINO MACLEOD



Favorite land animal: Elephant  
Favorite sea animal: Seal  
Favorite unhealthy snack: Pasta  
Favorite healthy snack: Sushi  
Favorite subject in school: English  
Favorite hobby: Swimming  
What do I want to do when I grow up? Be an author  
If I had one superpower, what would it be? To be able to fly

## LCV:



Favorite land animal:  
Favorite sea animal:  
Favorite unhealthy snack:  
Favorite healthy snack:  
Favorite subject in school:  
Favorite hobby:  
What do I want to do when I grow up?  
If I had one superpower, what would it be?



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# RSD's Swimmers of the Month

## FSS Grunion: LILA ERNST



Favorite land animal: Chicken  
Favorite sea animal: Fish  
Favorite unhealthy snack: Lollipop  
Favorite healthy snack: Apple  
Favorite subject in school: Math  
Favorite hobby: Art  
What do I want to do when I grow up? Scientist  
If I had one superpower, what would it be? Flying

## FSS Corvina: GILLIAN SLAVIN



Favorite land animal: Horse  
Favorite sea animal: Dolphin  
Favorite unhealthy snack: Doritos  
Favorite healthy snack: Tomatoes  
Favorite subject in school: PE  
Favorite hobby: Building Legos  
What do I want to do when I grow up? Pediatrician  
If I had one superpower, what would it be? Ability to make people kind

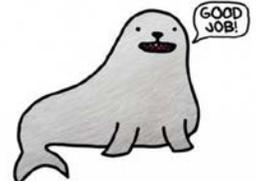
## FSS Leopard Shark: MAX NGUYEN



Favorite land animal: Monkey  
Favorite sea animal: Shark  
Favorite unhealthy snack: Mike and Ike  
Favorite healthy snack: Fruit  
Favorite subject in school: Math  
Favorite hobby: Soccer  
What do I want to do when I grow up? Soccer player  
If I had one superpower, what would it be? Shape shift



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# RSD's Swimmers of the Month

## Red: RILEY PULLMAN



Favorite land animal: Zebra  
Favorite sea animal: Dolphin  
Favorite unhealthy snack: Ice cream  
Favorite healthy snack: Artichoke  
Favorite subject in school: Art  
Favorite hobby: Swimming  
What do I want to do when I grow up? Veterinarian  
If I had one superpower, what would it be? Fly

## White: KYOTO GRISNIK



Favorite event: 100 Butterfly  
Favorite song: Eye of the Tiger  
Favorite food before practice: Smoothie  
Favorite food after practice: Watermelon  
Hobbies: Skateboarding  
Favorite book: Harry Potter  
Favorite TV show: none!  
Favorite athlete: Tony Hawk  
Favorite quote: "You're a wizard, Harry" -Hagrid

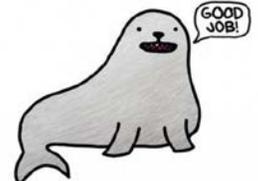
## Blue: ARTHUR WANG



Favorite event: 100 Breaststroke  
Favorite song:  
Favorite food before practice: Yogurt  
Favorite food after practice: Pizza  
Hobbies: Playing video games, basketball  
Favorite book: Harry Potter  
Favorite TV show:  
Favorite athlete: Kevin Durant  
Favorite quote: "I always find a lazy person to do a hard job, because he will find an easy way to do it" – Bill Gates



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# RSD's Swimmers of the Month

## Senior Development: LILLY BOGHOUSSIAN



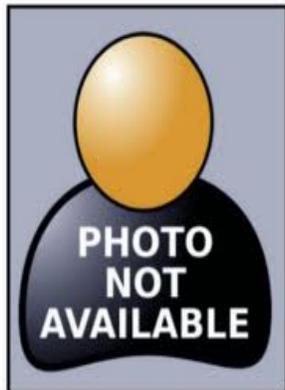
Favorite event: 100 Fly  
Favorite song: Paris  
Favorite food before practice: Nutella sandwich  
Favorite food after practice: Mexican food  
Hobbies: Embroidering  
Favorite book: The Yellow Eyes of Crocodiles  
Favorite TV show: The Office  
Favorite athlete: Michael Phelps  
Favorite quote:

## Senior Red: SONIA KLEIN



Favorite event: 500 Free  
Favorite song: Formation -Beyoncé  
Favorite food before practice: Ice cream sandwich  
Favorite food after practice: Fruit  
Hobbies: Swim, art, hanging out w/friends  
Favorite book: Throne of Glass Series  
Favorite TV show: Stranger Things  
Favorite athlete: Katie Ledecky  
Favorite quote: "Work Hard – Play Harder"

## Senior White:



Favorite event:  
Favorite song:  
Favorite food before practice:  
Favorite food after practice:  
Hobbies:  
Favorite book:  
Favorite TV show:  
Favorite athlete:  
Favorite quote:



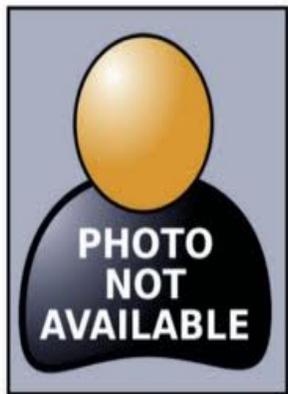
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# RSD's Swimmers of the Month

## Senior Blue:



Favorite event:  
 Favorite song:  
 Favorite food before practice:  
 Favorite food after practice:  
 Hobbies:  
 Favorite book:  
 Favorite TV show:  
 Favorite athlete:  
 Favorite quote:

## Senior Championship Prep: RYLEE GORDILLO



Favorite event: 400 IM  
 Favorite song: Dancing in the Moonlight  
 Favorite food before practice: Apples with peanut butter  
 Favorite food after practice: Seaweed and rice  
 Hobbies: Makeup of all kinds: painting, special effects, or beauty  
 Favorite book: Twilight  
 Favorite TV show: Friends  
 Favorite athlete: Allison Schmitt  
 Favorite quote: "All that we see or seem is but a dream within a dream"  
 – Edgar Allan Poe

## Senior Championship: KAI GOTTSCH



Favorite event: 200 Free  
 Favorite song: Down under  
 Favorite food before practice: Subway sandwich  
 Favorite food after practice: Hot wings  
 Hobbies: Gaming, watching movies  
 Favorite book: It  
 Favorite TV show: Parks and Recreation  
 Favorite athlete: Caleb Dressel  
 Favorite quote: "Me no-no!" Kaito K



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# Back Page

## Boys and Girls Clubs of San Dieguito

Rancho San Dieguito Swim Team is a part of the longest serving youth organization in the San Dieguito community, The Boys and Girls Clubs of San Dieguito. For over 50 years it's been our mission to never turn a child away.

Our 7 Clubhouses throughout Carmel Valley, Del Mar, Encinitas, & Solana Beach serve 6,000+ members and impact over 10,000+ San Diego youth. Last year we granted approximately \$400,000 in full or partial scholarships through our After School & Specialty Programs such as Centers for a Healthy Lifestyle, Middle School Sports, Youth Arts Academy, Summer Camps and one of course our very own RSD Swim Team. The Boys & Girls Clubs of San Dieguito focuses on three main outcomes: Good Character & Citizenship, Academic Success, and Healthy Lifestyles.

For more information on how you can help to make a difference in the lives of our community we invite you to visit our websites at:

[www.bgcsandieguito.org](http://www.bgcsandieguito.org), [www.facebook.com/bgcsandieguito](https://www.facebook.com/bgcsandieguito)

or call Marineke Vandervort, CEO directly at 858-755-1592

for a personal tour of our Clubs.

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF SAN DIEGUITO

## Team Apparel and Gear

Gear-Up! We are proud of our swimmers and our team! Swimmers are expected to represent us in competitions and proudly wear team gear.

### RSD Pro Shop at the Aquatics office:

Visit for a great selection of tees, sweatshirts, socks, team caps, etc.

### Paradowski's Swim & Sport:

Visit in store or online for team swimsuits, bags, practice gear, and team sweats

[Click Here](#) for Paradowski's RSD Team Page

[Click Here](#) for Paradowski's HomePage

Did you know Paradowski's is our team dealer and as such, offer team embroidery and personal service with intimate knowledge of RSD team outfitting. Additionally, ALL RSD team members receive 20% off retail on nearly all merchandise. You receive this 20% discount with all purchases; online, in-store and at swim meets.

**In order to receive the RSD Team Discount you MUST IDENTIFY YOURSELF as RSD Team Members.**



## USA Swim Officials

We are looking for new parents to volunteer to officiate at swim meets. There are several perks that come with this volunteer position: front row seat at swim meets, free food at most swim meets, and (most importantly) a discount on your swimmer's RSD dues. Parents who officiate receive a **50% discount** on their first swimmer's dues and 25% on the second swimmer's dues. If you are interested, please contact Rich Cosgrove [rcosgrove\(at\)gmail.com](mailto:rcosgrove(at)gmail.com). This is an important volunteer job that we need **YOUR** help with.

*REMEMBER: If our team cannot provide enough officials at the meet, we **get fined**, so please help us out if you are interested.*

## Private Lesson Policy

The Coaching staff at RSD acknowledges that some swimmers and parents may want some private one-on-one time with our coaches to help stroke and other technique improvements. We understand the need for this, and we are supportive of families discussing and fulfilling this need with our coaches. However, we do require that any private lessons are done with certified coaches on the current Rancho San Dieguito swim team staff.

Lessons taken outside of RSD swim team are not permitted and can result in dismissal from RSD.

This policy is in the best interest of our athletes to insure that they are not receiving confusing or conflicting information from multiple sources. It also empowers our coaching staff as it provides them with more opportunities to work positively with our swimmers and build relationships based on trust and confidence.

We are serious about this policy and if we find out that swimmers have been doing lessons outside of RSD, we will have no choice but to suspend and/or dismiss the swimmer from the team.

### Exception:

RSD and SwimLabs Encinitas Partnership: Professional underwater video analysis following the "RSD-way" designed by Coach Joe and our staff, approved by Coach Joe (and Chuck Norris)!

Exclusive Offer for RSD Families! Click [SwimLabs Encinitas](#) for more information.



# Age Group Move-Up Checklist

## Checklist to move to Corvina

CORVINA Description	This group is for swimmers who can swim backstroke and freestyle and are learning to master the mechanics of butterfly and breaststroke.
<input type="checkbox"/> Practice Attendance	Minimum 2 per week
<input type="checkbox"/> Competition Attendance	Must attend at RSD Club Meets, encouraged to attend USA swim meets
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

## Checklist to move to Red

RED GROUP Description	This group is for swimmers with competitive knowledge of the four strokes. The emphasis is focused on fitness, fun, and stroke/turn/dive technique along with consistent participation in meets.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
Competition Requirements: <input type="checkbox"/> 100 Free (ages 10 & younger) or <input type="checkbox"/> 200 Free (ages 11-12) <input type="checkbox"/> 50 Fly <input type="checkbox"/> 50 Back <input type="checkbox"/> 50 Breast <input type="checkbox"/> 100 IM (scy) or 200IM (lcm)	Must attend USA swim meets and successfully complete the USA-Swimming IMR program; complete 100 Free (10 younger)/200 (11-12), 50 yards of each stroke, and 100 IM
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

## Checklist to move to Blue

BLUE GROUP Description	This group is for motivated, goal oriented swimmers who want to be the best they can be in competitive swimming. Swimmers in this group compete at Junior Olympics and above. Workouts integrate endurance, speed, and stroke technique. This is a competitive group with training and competition criteria.
<input type="checkbox"/> Practice Attendance	Minimum 4 per week
Competition Requirements: <input type="checkbox"/> 200 Free (ages 10 & younger) or <input type="checkbox"/> 500 Free (ages 11-12) <input type="checkbox"/> 100 Fly <input type="checkbox"/> 100 Back <input type="checkbox"/> 100 Breast <input type="checkbox"/> 200 IM	Required to attend USA swim meets, successfully completed the USA-Swimming IMX program, and multiple 11-12 B-times (regardless of age)
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

## Checklist to move to Leopard Shark

LEOPARD SHARK Description	This group is for swimmers who can confidently swim all four of the competitive strokes. The emphasis is focused on fitness, fun, and stroke/turn/dive technique.
<input type="checkbox"/> Practice Attendance	Minimum 2 per week
<input type="checkbox"/> Competition Attendance	Must attend at least 2 USA swim meets per season
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

## Checklist to move to White

WHITE GROUP Description	These swimmers participate in monthly swim meets and continue to improve stroke technique while building endurance and conditioning.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
Competition Requirements: <input type="checkbox"/> 200 Free (ages 10 & younger) or <input type="checkbox"/> 500 Free (ages 11-12) <input type="checkbox"/> 100 Fly <input type="checkbox"/> 100 Back <input type="checkbox"/> 100 Breast <input type="checkbox"/> 200 IM	Required to attend USA swim meets and successfully completed the USA-Swimming IMX program; complete 200 Free (10 younger)/500 (11-12), 100 yards/meters of each stroke, and 200 IM
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

# Senior Move-Up Checklist

Checklist to move to Senior Development	
SENIOR DEVELOPMENT Description	The beginner to novice senior group that focuses on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and senior levels.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
<input type="checkbox"/> Competition Requirements	Encouraged to participate in USA swim meets. Swimmers may compete in RSD Club Meets if it is your first meet/new to competition
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Red	
SENIOR RED Description	The introductory competitive group at the senior level focusing on improving technique, building endurance and preparing for competition.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
<input type="checkbox"/> Competition Requirements	Required to attend at least 3 USA swim meets per season to include a goal of at least 1 A/B level meet
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior White	
SENIOR WHITE Description	The intermediate senior group that focus on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and senior levels.
<input type="checkbox"/> Practice Attendance	Minimum 4 per week
<input type="checkbox"/> Competition Requirements	Required to attend monthly USA swim meets
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Blue	
SENIOR BLUE Description	The advanced senior group that focus on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and senior levels. Prepares swimmers to move up to the Senior Championship Prep group.
<input type="checkbox"/> Practice Attendance	Minimum 4 per week
<input type="checkbox"/> Competition Requirements	Required to attend monthly USA swim meets
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Champ Prep	
SENIOR CHAMPIONSHIP PREP Description	Swimmers in this group are competitive and committed swimmers. Workouts are rigorous and designed to make the swimmer the best they can be. Each swimmer must be able to make specific workout standards. This group prepares athletes for college swimming.
<input type="checkbox"/> Practice Attendance	Minimum 6 per week
<input type="checkbox"/> Competition Requirements	Required to attend all USA swim meets per seasonal meet schedule and minimum of 4 13-14 JO qualifying time standards (regardless of age)
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Champ	
SENIOR CHAMPIONSHIP Description	Swimmers in this group are competitive and committed swimmers. Workouts are rigorous and designed to make the swimmer the best they can be. Each swimmer must be able to make specific workout standards. This group prepares athletes for college swimming.
<input type="checkbox"/> Practice Attendance	Minimum 8 per week
<input type="checkbox"/> Competition Requirements	Required to attend all USA swim meets per seasonal meet schedule and Sectional Qualifying times
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)