

RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER

November 2018



**BOYS & GIRLS CLUBS
OF SAN DIEGUITO**

RSD Head Coach

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Swim Team is on
Facebook-Click Button!**



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Boys & Girls Clubs
of San Dieguito
Pardee Aquatics Center
533 Lomas Santa Fe Drive
Solana Beach CA 92075

October Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Nov 2-3	Kevin Perry Senior Meet	La Mirada, CA	Sunday, August 12	Qualified Champ and Champ Prep
Nov 16-18	Palm Springs Invite	Palm Springs, CA	Sunday October 28	All RSD Swimmers
Nov 30- Dec 2	A/B Meet All Ages	Southwestern Community College	Sunday Nov. 11	All RSD Swimmers

December Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Dec 5-8	USA Junior Nationals	Austin, TX	Nov. 4	Qualified Champ Swimmers
Dec 9	C All Ages	Alga Norte, Carlsbad	Sunday Nov. 18	Slower than "B" times or NT (no-time) swimmers
Dec 14-16	Winter Age Group Championships (WAGs)	Southwestern Community College	Sunday Nov. 4	All Qualified Swimmers



THE FUNNEST SPORT THERE IS



RSD Progress Evaluation Dates

FSS Groups (FSS Grunion, FSS Corvina and FSS Leopard Shark)

Primary evaluation date: Sunday November 4 (during regular scheduled practice time)

Make-up evaluation date: Saturday, November 10 (during regular scheduled practice time)

Corvina and Leopard Shark

Primary evaluation date: Tuesday, November 6

Make-up evaluation date: Wednesday, November 7

Red

Primary evaluation date: Tuesday, November 6

Make-up evaluation date: Wednesday, November 7

White

Primary evaluation date: Tuesday, November 6

Make-up evaluation date: Wednesday, November 7

Blue

Primary evaluation date: Tuesday, November 6

Make-up evaluation date: Wednesday, November 7

Senior Development

Evaluation date: Tuesday, November 6 (no make-ups)

Senior Red

Evaluation date: Tuesday, November 6 & Wednesday, November 7 (two-day event, no make-ups)



Evaluations will only be administered during the regular scheduled practice and will not be offered during EPO (Early Practice Option).

Still Looking...

We are still 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.



Schedule Changes

- **Monday, November 12: Veteran's Day**
 - Corvina & Leopard Shark - 10:15-11:30 a.m.
 - Red - 9:15-10:30 a.m.
 - White & Blue - 9:45-11:30 a.m.
 - Senior Development & Senior Red - 7:30-9:30 a.m.
 - Senior White & Senior Blue - 12:30-3:00 p.m.
 - Senior Champ Prep & Champ - 7:30-10:00 a.m.
- **Friday, November 16:**
 - Blue - 4:45-6:00 p.m.
- **Monday through Wednesday, November 19-20:**
 - Senior White & Senior Blue - 12:30-3:00 p.m.
 - All other groups - regular schedule
- **Wednesday, November 21: Pre-Thanksgiving**
 - Corvina & Leopard Shark - 10:15-11:30 a.m.
 - Red - 9:15-10:30 a.m.
 - White & Blue - 9:45-11:30 a.m.
 - Senior Development & Senior Red - 7:30-9:30 a.m.
 - Senior White & Senior Blue - 12:30-3:00 p.m.
 - Senior Champ Prep & Champ - 7:30-10:00 a.m.
- **Friday, November 23: Post-Thanksgiving**
 - FSS Grunion - regular schedule
 - FSS Corvina - regular schedule
 - FSS Leopard Shark - regular schedule
 - Red, White, Blue - cancelled
 - Senior Development & Senior Red - cancelled
 - Senior White & Senior Blue - 7:15-9:30 a.m. at CCHS
 - Senior Champ Prep & Champ - 7:00-10:00 a.m.
- **Saturday November 24:**
 - FSS, Sr. White/Blue, Prep & Champ - regular schedule
 - Blue - 8:00-10:00 a.m.
- **Sunday November 25:**
 - FSS Groups - regular schedule



You Need This!

Information courtesy of USA Swimming:

[Click Here](#) for Deck Pass Information from USA Swimming. Deck Pass is your tool to create engagement, inspiration and insights to improve swimming performance. Previously, Deck Pass was known as the official app of USA Swimming. Today it is so much more! All of amazing existing functionality of Deck Pass still exists - patches, goals, best times, and friends. Deck Pass will connect you with the USA Swimming that you want! Personalized articles, videos, new insights and data are all a part of the new Deck Pass!

HOW DO I SIGN UP FOR DECK PASS? Signing up for Deck Pass is easy. Simply [create an account](#) on [usaswimming.org](#).

If you are a member of USA Swimming, be sure to link your USA Swimming membership to your Deck Pass account. Just follow the prompts after you sign up for Deck Pass to link your account to your USA Swimming membership. If you wish to complete this step later, you can go to [My Account](#) to make any updates.



When you link your USA Swimming membership to your Deck Pass account, all your times from USA Swimming-sanctioned meets will automatically be updated on Deck Pass, so you can begin earning patches right away – or at least as soon as you compete in your first meet of the season. Also, your coach can award you patches for all the hard work you do in practice and at meets.

Deck Pass Mobile

Download the free Deck Pass application today and connect with all your swimming friends. Share times, brag about your accomplishments and set your goals in this new application that lets you compete and connect.



Deck Pass

[Download the FREE Deck Pass mobile application for iPhones here!](#)

[Download the FREE Deck Pass mobile application for Androids here!](#)

Deck Pass features include:

- Patch Scanner
- Ability to earn patches out of the pool with codes
- IMX scores, best times, recent meets and rankings.
- Digital patches for your achievements at practice and at competitions.
- A way to connect with your swimming friends.
- A tool that allows coaches to award digital patches to their swimmers.
- Your team's times, scores and ranks.
- USA Swimming information on events, meetings, certifications and results.
- A digital logbook to keep track of your times and earn more patches.
- A goal tracker to set goals for the season and monitor your progress.

Deck Pass Plus

[Download Deck Pass Plus for iPhones here!](#)

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Deck Pass Plus features include all Deck Pass features and:

- **Exclusive USA Swimming Meet Coverage:** Trials, U.S. Open, Phillips 66 Nationals, Speedo Junior Nationals and more.
- Coverage includes:
 - Live Streaming Video
 - Photos
 - News
 - Recaps
 - Previews
 - Results
 - Maps
 - Schedules
 - Behind the Scenes Interviews
- **Live Results**
 - USA Swimming meets provided by Active.com
- **Time Standards**
 - Local to Elite level meets

News You Can Use

Mental Toughness Toolbox: Moving Up to the Next Level Blues

By Dr. Alan Goldberg//Competitiveedge.com | Monday, October 15, 2018

[Click Here](#) for more from Goldberg

In my one-on-one, mental toughness coaching practice with swimmers from around the world, I see “IT” happening to younger athletes when they age up. Overnight they go from being a “big fish in a small pond” to being a minnow among sharks. No longer are they the oldest, strongest or fastest and the transition to this next level, racing those older kids is emotionally difficult for some and quickly strips them of their confidence.

Then, I often see “IT” occurring when a swimmer changes teams and moves to a bigger, faster club. Surrounded by faster athletes, the swimmer must move from the fast lane to a slower one, and from the position of leading the lane, to a place towards the back. This doesn't do much for their confidence, either.

“IT” also happens big time when a swimmer graduates high school and excitedly moves on to the next level, swimming on their college team as a freshman. Now they feel that they have to compete with older, better conditioned swimmers as well as prove themselves to their coach!

What's the “IT” that I'm referring to here?

We could call it the “moving-up-to-the-next-level blues,” and a lot of swimmers end up caught up in its “melody,” “singing” along! Suddenly they start struggling performance-wise and lose their mojo. Time drops don't seem to come as easily as they did in the past, and many of these swimmers mistakenly think that something is very wrong with them! If the time plateau that they may be stuck on continues, the athlete's all-important belief in themselves gets shaken. Oftentimes these “blues” are accompanied by an increase in pre-race nerves and self-doubts and a fear that they've somehow lost their ability to go fast and just maybe they won't ever be able to get it back.

So what is really going on here?

First, swimmers who struggle with these kinds of “moving up blues” need to understand that this transition to training and competing at a higher level is NORMAL, along with their increased anxiety and shaken confidence. It's part of the territory. **Second, *the real culprit here feeding their problem is their pre-race and during-race concentration!*** They have unknowingly switched their focus both before and during their races **away** from what **they're** doing and **towards** what **others** are doing. They are over-focused on how well everyone else is doing and most likely continuously comparing themselves.

If you want to sabotage your swimming, kill your motivation and undermine your confidence, then this is a great strategy: Focus on others and NOT yourself!



If you really want to “sing” a happier song when you move up to that next level and continue to swim like your old self, then here's what you need to do:

Mental Toughness -continued-

#1 Swimming wise - **NOTHING SHOULD CHANGE**. Your focus in races and in practice should primarily stay on you and what you are doing! Sure, you can race your new teammates. But when you do, your main focus (a good 95%), should be on the feel of what YOU are doing and NOT on your thoughts about how well others are doing!

#2 **Stay away from thinking about and evaluating yourself during practice** in relation to everyone else. This will NOT help you get better and will only hurt your confidence. Simply put, **lose the comparison habit**. It's bad for your "swimming health."

#3 Understand that now that you're swimming at the next level, you have a choice! **You can embrace the OPPORTUNITY presented here to you by being surrounded by faster teammates** OR, you can view it as a CATASTROPHE and use it to beat yourself down and kill your love of the sport!

Better swimmers are **exactly** what YOU need in order to get better. Embrace the right attitude and your new teammates will help you reach your dreams in the pool.



Not Motivated? You Can Still Have a Good Practice

By Olivier Poirier-Leroy | Tuesday, October 30, 2018

[Click Here](#) for online USA Swimming Article

Think back to the last time you felt unmotivated to be at practice.

What was the main thing you were feeling?

Take a chlorinated step back and think about what it was during that time that really got your suit in a twist. It wasn't that your workouts weren't going well (even though that felt plenty awful), it was a frustration that you were unmotivated.

What's the matter with me? I have big goals in the water and I feel unmotivated today... How am I supposed to ever achieve my goals for the season?

Bad enough that you were unmotivated, but you became fixated on the gap between how you wanted to feel (motivated) and how you were feeling (unmotivated).

When we fixate on that chasm it becomes almost impossible to get motivated. This is especially the case if you have convinced yourself that being totally fired up is a requirement for a great workout.

How motivated we feel from moment to moment depends on a wide variety of things: How much sleep we got last night, how well we ate that day, how the morning's workout went, stress levels, hydration levels, what we are focusing on, and more.

Good Practice -continued-

When you are standing at the end of the lane, wiping the inside of your best swim goggles, here will be times where all the motivational slogans and pump-up music in the world still doesn't get you motivated to train hard.

Understanding that you don't need to feel completely and utterly motivated is the first step. It's nice to have that chest-thumping fire when you walk out onto the pool deck for practice, but it's not mandatory for you to be successful today.

Here are some things you can do to bypass the need to feel motivated and crush it in the water:

Focus on starting. How many times have you been on the outside of a hard workout, quietly reflecting on how much it's going to hurt? We've all been there—hard to be motivated in these moments. But then you get started and realize, hey, this isn't so bad. And before you know it, you end up having a more-than-respectable practice. The key is not allowing a perceived shortage in motivation from you getting started.

Enthusiasm comes from being in movement. Another big side-effect of the whole starting thing? You'll get motivated in the process. Motivation and enthusiasm are rarely found in the quiet moments when you are standing on the cold pool deck before a hard practice. Or when you are thinking about how difficult the main set is going to be. It slowly reveals itself once the main set gets underway. It shows up when you commit to swimming with great technique. Motivation shows up when you do.

Be process-based. Our motivational woes are often a result of thinking about how far out of reach our goals are, or focusing on our past performances in comparison to how lousy and unmotivated we are feeling in the present. You can cut down a lot of this motivational yo-yo'ing by building yourself a process—a list of things *you* control and work on each day in practice. Having a good process largely removes that need to feel motivated and gets you focused on building the performance of your dreams.

Resist the comparisons. Some of the most crushing motivational days of my age group career were when I heard about the epic results of my competitors. While comparing ourselves to other swimmers can work in some instances (“She's doing it, so can I!”), in a lot of cases it works against us (“How will I ever swim as fast as him?”). Don't subject your motivation to the performances of others—your effort and focus at practice today should be on you and you alone.

*

Olivier Poirier-Leroy is a former national level swimmer, Olympic Trial qualifier and contributor to USA Swimming.

He's the author of [Conquer the Pool: The Swimmer's Ultimate Guide to a High-Performance Mindset](#), a 300-page mental training workbook that gives swimmers the tools and knowledge necessary to bulletproof their performances in the pool.

He also writes a weekly mental training tips newsletter for swimmers and coaches [that you can subscribe to for free here](#).



RSD's Swimmers of the Month

Corvina: NATHANIEL TILLYARD



Favorite land animal: Dog
Favorite sea animal: Otter
Favorite unhealthy snack: Bacon
Favorite healthy snack: Carrots, broccoli, peas
Favorite subject in school: Math
Favorite hobby: Building Legos
What do I want to do when I grow up? Librarian
If I had one superpower, what would it be? Invisibility

Leopard Shark: AYA FERGUSON



Favorite land animal: Cheetah
Favorite sea animal: Starfish
Favorite unhealthy snack: Cheetos
Favorite healthy snack: Mango
Favorite subject in school: Reading
Favorite hobby: Crafting
What do I want to do when I grow up? Teacher
If I had one superpower, what would it be? Flying

Red: ADDIE JESTER



Favorite land animal: Sloth
Favorite sea animal: Sea Otter
Favorite unhealthy snack: Sugar cookies
Favorite healthy snack: Apples
Favorite subject in school: Reading
Favorite hobby: Swimming
What do I want to do when I grow up? Oceanographer
If I had one superpower, what would it be? Stop time



MERMAZING!!



RSD's Swimmers of the Month

FSS Grunion: YULE KIM



Favorite land animal: Monkey
Favorite sea animal: Seal
Favorite unhealthy snack: Cheetos
Favorite healthy snack: Seaweed
Favorite subject in school: History
Favorite hobby: iPad
What do I want to do when I grow up? Artist
If I had one superpower, what would it be? Breathe underwater forever

FSS Corvina: SOPHIE LOVE



Favorite land animal: Can't decide
Favorite sea animal: Whale
Favorite unhealthy snack: Anything Italian
Favorite healthy snack: Anything Italian
Favorite subject in school: Language arts and social studies
Favorite hobby: Acting
What do I want to do when I grow up? Interior designer or author
If I had one superpower, what would it be? The ability to freeze time for everyone but me

FSS Leopard Shark: GABRIELLA POLO



Favorite land animal: Giraffe
Favorite sea animal: Octopus
Favorite unhealthy snack: Kit-Kat
Favorite healthy snack: Edemame
Favorite subject in school: Math
Favorite hobby: Reading
What do I want to do when I grow up? Astronomer
If I had one superpower, what would it be? Invisibility



MERMAZING!!



RSD's Swimmers of the Month

Red: SOPHIE KELLEY



Favorite land animal: Dog
Favorite sea animal: Dolphin
Favorite unhealthy snack: Cupcakes
Favorite healthy snack: Acai bowls
Favorite subject in school: Math
Favorite hobby: Swimming
What do I want to do when I grow up? Vet
If I had one superpower, what would it be? Flying

White: ALLISON MORO



Favorite event: 100 Butterfly
Favorite song: Lost Boy
Favorite food before practice: Apples
Favorite food after practice: Mac n cheese
Hobbies: Math, reading
Favorite book: Twilight
Favorite TV show: Supergirl
Favorite athlete: Michael Phelps
Favorite quote: "I am what I am" - Popeye

Blue: ALLIE DOUGLAS



Favorite event: 100 Breast
Favorite song: Thunderclouds - Sia
Favorite food before practice: Fruit
Favorite food after practice: Pasta
Hobbies: Piano, swimming ☺
Favorite book: The Hunger Games
Favorite TV show: The Flash
Favorite athlete: Missy Franklin
Favorite quote: "If you can think it, you can do it."



MERMAZING!!



RSD's Swimmers of the Month

Senior Development: **DANIKA MOHAN**



Favorite event: 100 Back
Favorite song:
Favorite food before practice: Dinner
Favorite food after practice: Chips and salsa
Hobbies: Reading, swimming
Favorite book: Heir of Fire – Sarah J. Maas
Favorite TV show: Riverdale
Favorite athlete:
Favorite quote:

Senior Red: **XANDER MARROQUIN**



Favorite event: 50 Free
Favorite song: Roundabout
Favorite food before practice: Spaghetti
Favorite food after practice: Spaghetti
Hobbies: Guitar
Favorite book: AP Calculus
Favorite TV show: The Good Place
Favorite athlete: Me
Favorite quote: "When life gives you lemons, make orange juice"

Senior White: **BRYCE MICHIE**



Favorite event: 400m Free
Favorite song: American Pie
Favorite food before practice: Burrito
Favorite food after practice: Burrito
Hobbies: Archery, surfing
Favorite book: Ready Player One
Favorite TV show: parks and Recreation
Favorite athlete:
Favorite quote: "Your mother was a hamster and your father smelt of elderberries"



MERMAZING!!



RSD's Swimmers of the Month

Senior Blue: KATE STEINMEIER



Favorite event: 200 Breaststroke
Favorite song: Ocean eyes
Favorite food before practice: Lemon poppy seed muffin
Favorite food after practice: Ice Cream
Hobbies: Biking, shopping, reading, Netflix, boogie boarding
Favorite book: 13 Wishes
Favorite TV show: Grey's Anatomy, Vampire Diaries
Favorite athlete: Missy Franklin
Favorite quote: "A person who doesn't read lives one life. A reader lives 1000"

Senior Championship Prep: CHRISTY DOUGLAS



Favorite event: 100 Free
Favorite song: Move Along – All American Rejects
Favorite food before practice: Apples and Peanut butter
Favorite food after practice: Pasta with chicken
Hobbies: Diving
Favorite book: Harry Potter: Goblet of Fire
Favorite TV show: Master Chef
Favorite athlete: Katie Ledecky
Favorite quote: "Body achieves what the mind believes"

Senior Championship: MIA KRAGH



Favorite event: 100 Free
Favorite song: Nobody's Perfect – Hannah Montana
Favorite food before practice: Cheerios
Favorite food after practice: Chocolate Milk!!
Hobbies: Sleep
Favorite book: Don't have one
Favorite TV show: H2O: Just Add Water
Favorite athlete: Kathryn Lundh
Favorite quote: "Y'all are done!"



MERMAZING!!



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, 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.

Swim West (Exclusive Team Dealer):

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

Swim West offers service with intimate knowledge of RSD team outfitting including personalization and team embroidery. All RSD team members receive 25% off retail on nearly all merchandise. You receive this discount with all purchases; online and in-store.

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

[Click Here](#) for the Swim West/RSD Team Store

Store info: 120 Encinitas Boulevard, (760) 635-8556



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 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 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 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)

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)

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, and qualifying time standards based on age. Contact group coach for specifics.
<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, and qualifying time standards based on age. Contact group coach for specifics.
<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 6-7 per week
<input type="checkbox"/> Competition Requirements	Required to attend all USA swim meets per seasonal meet schedule, and qualifying time standards based on age. Contact group coach for specifics.
<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 qualifying time standards based on age. Contact group coach for specifics.
<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)