



## Age Group Track Move-Up Checklist

Corvina	
CORVINA Description:	This beginner group is an introduction to swim team for swimmers who can swim backstroke and freestyle and are learning to master the mechanics of butterfly and breaststroke. Emphasis is on fun, friends, and fitness.
<input type="checkbox"/> Attendance - Practice	Minimum 2 per week.
<input type="checkbox"/> Attendance - Competition	Encouraged to attend RSD Club Meets.
<input type="checkbox"/> Introduction to the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence

Checklist to move to Zebra Shark	
ZEBRA SHARK Description:	This group is for swimmers who can confidently swim the four competitive strokes. The emphasis is focused on fitness, fun, and stroke/turn/dive technique along with participation in RSD Club Meets.
<input type="checkbox"/> Attendance - Practice	Minimum 2 per week.
<input type="checkbox"/> Attendance - Competition	Must attend RSD Club Meets, encouraged to attend at least one USA swim meet.
<input type="checkbox"/> Progress Check Pass Stroke Technique/Drills	Administered by coaching staff during practice.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Attitude, coachability, etc.
<input type="checkbox"/> Introduction to the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence (Learn 3: Respect, Teamwork, Excellence)

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 along with consistent participation in RSD Club Meets and USA swim meets encouraged
<input type="checkbox"/> Attendance - Practice	Minimum 2 per week.
<input type="checkbox"/> Attendance - Competition	Must attend at least two USA swim meets per season.
<input type="checkbox"/> Progress Check Pass Stroke Technique/Drills	Administered by coaching staff during practice.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Attitude, coachability, maturity, etc.
<input type="checkbox"/> Knowledge of the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence



## Age Group Track Move-Up Checklist

Checklist to move to Red	
<b>RED GROUP</b> Description:	This introductory competitive group is for swimmers with competitive improvement in the four strokes and stroke/turn/dive techniques along with consistent participation in meets.
<input type="checkbox"/> Attendance - Practice	Minimum 3 per week.
<input type="checkbox"/> Competition Requirements:  <input type="checkbox"/> 100 Free (ages 10 & younger) <b>or</b> <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 three USA swim meets and successful completion of the USA-Swimming IMR program each season; complete 100 Free (10 younger)/200 (11-12), 50 yards of each stroke, and 100 IM.
<input type="checkbox"/> Progress Check Pass Stroke Technique/Drills	Administered by coaching staff during practice.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Attitude, coachability, responsibility, maturity, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence

Checklist to move to White	
<b>WHITE GROUP</b> Description:	Swimmers in the intermediate competitive group participate in monthly swim meets and continue to improve stroke technique while building endurance and conditioning for competitions.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week.
<input type="checkbox"/> Competition Requirements:  <input type="checkbox"/> 200 Free (ages 10 & younger) <b>or</b> <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	Must attend four USA swim meets and successful completion of the USA-Swimming IMX program per season; complete 200 Free (10 younger)/500 (11-12), 100 yards/meters of each stroke, and 200 IM.
<input type="checkbox"/> Progress Check Pass Stroke Technique/Drills	Administered by coaching staff during practice.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Attitude, coachability, responsibility, maturity, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence



## Age Group Track Move-Up Checklist

Checklist to move to Blue	
<b>BLUE GROUP</b> Description:	This advanced 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.
<input type="checkbox"/> Competition Requirements:  <input type="checkbox"/> 200 Free (ages 10 & younger) <b>or</b> <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 per competition schedule, successful completion of the USA-Swimming IMX program, and multiple 11-12 A-times (regardless of age).
<input type="checkbox"/> Progress Check Pass Stroke Technique/Drills	Administered by coaching staff during practice.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Attitude, coachability, responsibility, maturity, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence

## Senior Track Move-Up Checklist

Checklist to move to Senior Gold	
<b>SENIOR GOLD</b> Description:	The beginner to novice senior group that focuses on stroke skills, building endurance and conditioning, and while building competitive success.
<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"/> Progress Check Pass Stroke Technique/Drills	Administered by coaching staff during practice.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence



## Senior Track Move-Up Checklist

Checklist to move to Senior Red	
<b>SENIOR RED</b> Description:	The introductory competitive group at the senior level focusing on improving technique, building endurance and age-group competition and high school swimming.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week.
<input type="checkbox"/> Competition Requirements	Required to attend monthly USA swim meets and a goal of obtaining National BB time standards
<input type="checkbox"/> Progress Check Pass Stroke Technique/Drills	Administered by coaching staff during practice.
<input type="checkbox"/> Competition Skills/Details/Time Standards	Monitored by coaching staff at both practice and swim meets
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence

Checklist to move to Senior White	
<b>SENIOR WHITE</b> Description:	The intermediate senior group with a focus on building endurance, conditioning, and stroke skills while emphasizing competitive success in age-group and high school swimming.
<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"/> Competition Skills/Details/Time Standards	Monitored by coaching staff at both practice and swim meets
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence



## Senior Track Move-Up Checklist

Checklist to move to Senior Blue	
<b>SENIOR BLUE</b> Description:	The advanced senior group with a focus on land and swim conditioning, and stroke skills while emphasizing competitive success in age-group, high school, and transition to senior level. Prepares swimmers to move up to the Senior Championship Prep group.
<input type="checkbox"/> Practice Attendance	Minimum 5 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"/> Competition Skills/Details/Time Standards	Monitored by coaching staff at both practice and swim meets
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice monthly
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence

Checklist to move to Senior Champ Prep	
<b>SENIOR CHAMPIONSHIP PREP</b> Description:	Swimmers in this group are competitive and committed swimmers. Workouts are rigorous and designed to make the swimmer the best they can be emphasizing competitive success at high school and senior-level competitions and transition to regional and national level swim meets and swimming in college. Each swimmer must be able to make specific workout and competition standards.
<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 qualifying time standards based on age. Contact group coach for specifics.
<input type="checkbox"/> Competition Skills/Details/Time Standards	Monitored by coaching staff at both practice and swim meets
<input type="checkbox"/> Practice Performance	Tracked by coaching staff.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence



## Senior Track Move-Up Checklist

Checklist to move to Senior Champ	
<b>SENIOR CHAMPIONSHIP</b> Description:	Swimmers in this group are competitive and committed swimmers. Workouts are rigorous and designed to make the swimmer the best they can be emphasizing competitive success at high school, senior-level, regional, and national-level competitions. 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 competition schedule. Must meet qualifying time standards based on age. Contact group coach for specifics.
<input type="checkbox"/> Competition Skills/Details/Time Standards	Monitored by coaching staff at both practice and swim meets
<input type="checkbox"/> Practice Performance	Tracked by coaching staff.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence

Checklist to move to National	
<b>NATIONAL</b> Description:	Swimmers in this group are competitive and committed swimmers. Workouts are rigorous and designed to make the swimmer the best they can be emphasizing competitions at the national-level including Olympic Trials/Olympic aspirations and swimming in college. Each swimmer must be able to make specific workout standards.
<input type="checkbox"/> Practice Attendance	Minimum 8 per week.
<input type="checkbox"/> Competition Requirements	Required to attend all USA swim meets per seasonal competition schedule. Must meet qualifying time standards based on age. Contact group coach for specifics.
<input type="checkbox"/> Competition Skills/Details/Time Standards	Monitored by coaching staff at both practice and swim meets
<input type="checkbox"/> Practice Performance	Tracked by coaching staff.
<input type="checkbox"/> Progress Check Improvement on Practice Challenges	Repeating challenges administered during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Demonstrate the Six RSD Team Values	Respect, Integrity, Leadership, Quality, Teamwork, Excellence