

RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER

January 2019



**BOYS & GIRLS CLUBS
OF SAN DIEGUITO**

RSD Head Coach

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**Rancho San Dieguito
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

January Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Jan 18-20	11 and older NTS	Palomar College	Sunday Dec. 16	Swimmers ages 11 and older
Jan 25-27	12 and under ABC	Alga Norte, Carlsbad	Sunday Jan. 6	Swimmers ages 12 and younger

February Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Feb 8-10	Junior Olympics Championships	Granite Hills HS, El Cajon	Sunday Jan. 20	All qualified ages 14 and younger
Feb 15	Club Meet	Home	Thursday Feb. 14	All 12 & Under Swimmers
Feb 15-18	Senior Classic	BBMAC, Coronado	Sunday Jan. 27	All qualified Senior Level swimmers
Feb 23-24	JO Max Championships -North	Palomar College	Sunday Feb. 3	All qualified ages 14 and younger
Feb 28-Mar 3	USA Swimming Speedo Sectionals	Alga Norte, Carlsbad	tba	All Qualified Senior Level swimmers



THE FUNNEST SPORT THERE IS



**HAPPY
NEW
YEAR!**



**HAPPY
NEW
YEAR!**



**HAPPY
NEW
YEAR!**

Winter Junior Nationals Recap

RSD swim team took a team record number, 22 athletes to the United States junior national championships West, held in Austin, Texas, December 5–8.

Coach Joe and Coach Chris took the following qualifiers and relay swimmers to this highly competitive 18 and under national championship:

Rachel Rhee, Kira Crage, Leah Coffin, Mia Kragh, Kathryn Lundh, Julianna Natale, Amelia Cho, Rylee, Gordillo, Blest Thomas, Megan Woelkers, Morgan Peterson, Stephan Lukashev, Yuma Dugas, Josh He, Phil Pozdnyakov, Mason Morris, Ethan Hildesheim, Kaito Koyama, Connor Mes, Carlos Munoz Renteria, George Wythes, Jeremy Berman. RSD finished 17th Place out of over 130 teams that qualified for this national championship.

RSD pulled together as a team to handle the challenges of such a challenging travel meet, and deliver some amazing performances, as well as taking advantage of many impactful learning moments. Our growth mindset allowed us to celebrate the great performances as well as learn from the challenges of such a high level travel meet!

Some of the stand out performances included:



Mia Kragh: like the team player that she is, she performed extremely well on all our relays, performing the fastest split in history for RSD in the 200 free relay, and going best times in every relay performance. She also swam her first ever Junior national qualifying times in time trials in the 50 and 100 freestyle.

Rachel Rhee was our highest point earner, making finals in the 500 freestyle, 50 freestyle, and the 100 breaststroke and scoring in each of those events, with best times in the 500 free and the 100 breast, and playing a large role in the medley relay, 800 free relay, and 200 free relay.

Stephan Lukashev was the next highest point earner, making finals in the 100 fly and the 50 free, and delivering the fastest relay splits in all of our relays.

Mason Morris: in his first national competition, Mason delivered as a team leader! He qualified for his first Junior Nationals qualifying time in a time trial in the 200 butterfly,

and did his part on relays. His best performance was outside of the pool as a team captain, by keeping spirits up and being a supportive teammate for everyone.

Phil Pozdnyakov: Phil had an incredible meet, also qualifying for his first individual Junior Nationals in time trials in 100 backstroke and 50 freestyle. Phil did an amazing job on all of our relays, and he had a great meet at his first Junior Nationals.

Kathryn Lundh: Kathryn was a standout, going best times on all splits, and performing very well at her debut national competition.

Yuma Dugas continued his national level development with incredible relay performances, and some best times in his events.

Overall, RSD had a very good meet, and where we fell short, we definitely learned some lessons to improve moving forward.

A special shout-out to team chaperone Jane Coffin, who worked tirelessly to make sure the kids were fed very well, and that everyone enjoyed their time away from the pool. We finished things off with a great barbecue meal at Rudy's in Austin to celebrate!

RSD Becomes the Highest Scoring Bronze Medal Club in the Nation!

Rancho San Dieguito is recognized as a bronze level swim club in USA Swimming's Club Excellence Program for 2018. In its 18th year, the Club Excellence program identifies clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes. The top 20 clubs earn Gold level ranking and those rated 21-100 are designated as Silver honorees. The next 100 clubs are recognized at the Bronze level. Each team's ranking score is based on the FINA Points Table, a power point rating system that assigns point values to swimming performances based on the Gold, Silver or Bronze time standard. Although we just-missed the Silver standard qualifying times, our team effort scored 11,453 points earning RSD the top honors for all Bronze Medals Clubs. Based on score alone, RSD ranks 27 out of 2800+ USA Swim Club Nationally. Great Job TEAM!

USA Swimming National Club Excellence Program 2019 Bronze Medal Club

Practice Schedule Changes

- Due to the undetermined timeline for the small pool heater repair, modified schedule changes for our return Wednesday January 2 through the completion of the repair will be emailed. Please continue to check your emails for updates. Thank you for your patience!
- **Monday, January 21 – Modified MLK Day**
 - Weekday Corvina - 9:45-11:00 a.m.
 - Weekday Leopard Shark - 10:50-11:45 a.m.
 - Red - 8:45-10:00 a.m.
 - White & Blue - 9:00-10:45 a.m.
 - Senior Development & Senior Red - 7:30-9:45 a.m.
 - Senior White & Senior Blue - 12:00-3:00 p.m.
 - Senior Champ Prep & Champ - 7:45-9:15 a.m. & 3:00-5:00 p.m.
 - EPO - cancelled

Winter Age Group Champs!

With a great team effort RSD took home the first-place team trophy! Great Job Team!





Sunday, January 27, 2019

The 14th annual Chip-in-for-Kids Golf Tournament benefitting Boys & Girls Clubs of San Dieguito is a unique golf experience that enables golfers to play on the North Course of Torrey Pines Golf Club while the pros are playing their final round on the South Course during the **Farmers Insurance Open PGA tournament**.



2018 Chip-In Winners

Enjoy a 18 hole shamble format with convenient VIP parking across the street from the North Course, premium golf gift bag, catered breakfast and made-to-order hot lunch with hosted beverages, one day PGA passes, and entrance into a private section of the FRINGE Sports Bar on the 15th green sponsored by Harrah's Resort SoCal to watch the finals of the Open on the South Course.

**PLAY AN EXCLUSIVE
ROUND OF GOLF**
WHILE THE PROS DO.

LEARN MORE

REGISTER NOW

**Boys & Girls Clubs of San Dieguito is an IRS 501(c)3 nonprofit organization.
All or part of your contribution may be deductible for Federal tax purposes.**

Tax ID # 95-2470435

We are selling discounted Farmers Insurance Open Tickets. Purchase yours [here](#).

News You Can Use:

Staying in “Good Nervous” Before Your Races

By Dr. Alan Goldberg | Tuesday, December 11, 2018

[Click Here](#) for online article

One of the main reasons races are won and lost *before the start* is because of how physiologically activated a swimmer gets. That is, how excited/nervous you allow yourself to get the night before, morning of, or right behind the blocks before your race. If you get too activated, or what I call “bad” nervous, then you will physically tighten up, lose your confidence and unknowingly sabotage all of your hard work with a disappointing swim. However, if you can manage to keep yourself in “good” nervous, then you will stay loose and confident and race to your potential.

So what's the difference between “good” and “bad” nervous?

“Good” nervous pre-race is necessary for you to have a great swim. Your mind and body need to be “up” for the race. Good nervous is usually accompanied by butterflies in your stomach, a bit of adrenaline flowing through your system, an increased heart rate and faster, shallower breathing. You have a feeling of excitement as your race approaches and you look forward to the race.

However, in “bad” nervous, your excitement has turned into over-activation. Suddenly your butterflies have developed fangs! You may feel sick to your stomach, your muscles may be very tight and you may notice a feeling of heaviness in your legs. Some swimmers talk about this as “dead legs.” Your heart rate is through the roof and you have trouble getting a full breath when you're in “bad” nervous. One of the hallmarks of bad nervous is a sense of dread as the race approaches and you may notice an impulse to flee or avoid the race. Also there is frequently a feeling of “I can't wait until this is over!”

When “bad” nervous becomes extreme, the swimmer totally shuts down, looking and acting “calm” before their race. They might even claim that they don't really care about the race or its outcome. However, don't be fooled by this artificial state of calm. There is nothing calm about it.

So how do you get yourself into “good” nervous and avoid becoming over-activated and slipping into “bad nervous?”

1. Keep your focus of concentration on YOU and YOUR race and away from your opponents or teammates. Stay away from “studying” the heat sheet and how fast others are. By focusing on YOUR pre-race ritual before, and

executing YOUR race plan during your swim, you will enable yourself to stay calm and in a good place mentally.

2. Leave your goals at home. Don't bring your time or place goals to the meet with you. Outcome goals like these will make your race too important and generate “bad” nervous. Instead, try to keep your focus in the “now,” both before and during your race.
3. If teammates or anyone around you is making you nervous with their behaviors or conversations, immediately excuse yourself and find someone else to hang out with whose behaviors don't trigger you and whose conversations are lighter.
4. Have fun. Smile. Cheer for friends. Laugh and enjoy yourself. Fun will always keep you in “good” nervous.
5. If it works for you, listen to music. The right kind of music can help you chill out. Avoid pump-up music.
6. Avoid spending time alone if it leads to you overthinking about your race, other swimmers and what could happen if you don't swim fast. Stay by yourself ONLY if this helps you remain calm.
7. Breathe. If you find yourself getting too nervous pre-race, switch your focus of concentration to your breathing and just simply follow your breath in and out. Close your eyes and allow your focus to gently rest on your breathing. In two – three minutes, you will notice that your breathing will get slower and deeper as you begin to calm down!

Remember, if you get too nervous pre-race, you will waste valuable energy and undermine your self-confidence. Stay aware of your level of pre-meet and pre-race nervousness and use these strategies should you find yourself heading towards “bad” nervous. In January, I will help you develop some other mental tools to keep yourself calm under the pressure of big meets.

RSD's Swimmers of the Month

Corvina: ELENA CONERTY



Favorite land animal: Dog
Favorite sea animal: Turtle
Favorite unhealthy snack: Cookies
Favorite healthy snack: Strawberries
Favorite subject in school: Math
Favorite hobby: Making creations
What do I want to do when I grow up? Vet
If I had one superpower, what would it be? I don't know

Leopard Shark: MADELINE JAMES



Favorite land animal: Pig
Favorite sea animal: Dolphin
Favorite unhealthy snack: Donuts
Favorite healthy snack: Fruit
Favorite subject in school: Reading
Favorite hobby: Swimming
What do I want to do when I grow up? Teacher
If I had one superpower, what would it be? Super speed



MERMAZING!!



RSD's Swimmers of the Month

Red: PATSY HELLMANN



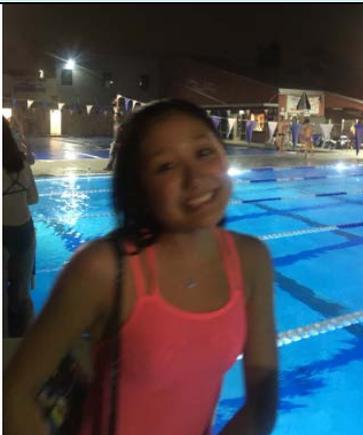
Favorite land animal: Fox
Favorite sea animal: Otter
Favorite unhealthy snack: Dark chocolate
Favorite healthy snack: Smoothies
Favorite subject in school: Social studies
Favorite hobby: Swimming and dance
What do I want to do when I grow up? Engineer
If I had one superpower, what would it be? Super speed

White: LEXY MULLER



Favorite event: 100 Free
Favorite song: High Hopes
Favorite food before practice: Apples
Favorite food after practice: Pizza
Hobbies: Reading, piano, writing
Favorite book: A Wrinkle in Time
Favorite TV show: None
Favorite athlete: Missy Franklin
Favorite quote: "If you don't succeed, try, try again."

Blue: ABBY LEE



Favorite event: 100 Back
Favorite song: Sweet but Psycho
Favorite food before practice: Kind bars
Favorite food after practice: Pasta
Hobbies: Swim, skiing, piano
Favorite book: The Fault In Our Stars
Favorite TV show: Insatiable
Favorite athlete: Kathleen Baker
Favorite quote: Don't really have one



MERMAZING!!



RSD's Swimmers of the Month

Senior Development: KATIE GRIFFITTS



Favorite event: 50 Free
Favorite song: Don't Stop Me Now (revisited) - Queen
Favorite food before practice: Spinach, apple & nut salad
Favorite food after practice:
 Handels strawberry cheesecake chunk ice cream
Hobbies: Theatre, reading, swimming, improve, playing with dogs
Favorite book: Harry Potter and the Goblet of Fire
Favorite TV show: Phineas and Ferb
Favorite athlete: Katie Ledecky
Favorite quote: "Anything's possible if you've got enough nerve!"
 -Ginny Weasley, Order of the Phoenix

Senior Red: TAYLOR NASH



Favorite event: 50 Free
Favorite song: I don't know
Favorite food before practice: Granola bar
Favorite food after practice: Pasta
Hobbies: Horseback riding and art
Favorite book: The \$80 Champion
Favorite TV show:
Favorite athlete: Missy Franklin
Favorite quote: "You can never succeed if you don't try."

Senior White: ALEX HAN



Favorite event: 50 Freestyle
Favorite song: Sonatina
Favorite food before practice: Udon Noodles
Favorite food after practice: Udon Noodles
Hobbies: No hobbies
Favorite book: Ready Player One
Favorite TV show: I don't watch tv
Favorite athlete: Armani Kobik
Favorite quote: "Go home" – Coach Armani



MERMAZING!!



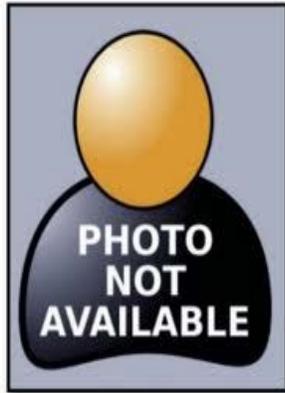
RSD's Swimmers of the Month

Senior Blue: DREW SCHMIDT



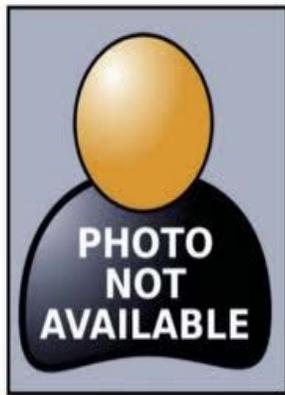
Favorite event: 500 Freestyle
Favorite song: Swan Lake – Pyotr Tchaikovsky
Favorite food before practice: Frosted Flakes
Favorite food after practice: Panang curry
Hobbies: Playing tuba, lobster diving, body boarding, scuba diving
Favorite book: The Harry Potter Series
Favorite TV show: Pawn Stars
Favorite athlete: My Grandma
Favorite quote: “Beggars can’t be choosers, but I’m doing both”
–Zaw Simpson

Senior Championship Prep:



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

Senior Championship:



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



MERMAZING!!



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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)