

Ramona Swim Team - Swimming Skills Rubric (Excerpts taken from USA Swimming “Progressions for Athlete and Coach Development”)

Skill Level RST Group (Age of swimmer) <i>(High School Level Athlete)</i>	“C” Level Swimmer Stroke School (12 & Under) Junior Blue (13 & Over) <i>(Junior Varsity Swimmer)</i>	“B” Level Swimmer Stroke School (10 & Under) Red Team (11—12) Junior Blue (13 & Over) <i>(Varsity Swimmer)</i>	“A” Level Swimmer Red Team (10 & Under) Junior Blue (11-12) Blue (13 & Over) <i>(CIF Qualifier)</i>	“AA” Level Swimmer Junior Blue (11-12) Blue (13 & Over) <i>(CIF Finalist)</i>
Attendance and Commitment Expectations	<ul style="list-style-type: none"> ○ Swims 1 or 2 x /week for one hour each practice. ○ Does no other athletic or aerobic activities regularly ○ Does not do any strength work on their own (sit-ups, pushups, pull-ups) ○ Does no stretching after exercise. 	<ul style="list-style-type: none"> ○ Performs athletic exercise 4-5 x/week ○ Swims 3-4 x/week for 1.25 hours each practice. ○ Does additional organized athletic or aerobic activities 1-2 x/week ○ Does strength work on their own 1 or 2x/week ○ May stretch after exercise. 	<ul style="list-style-type: none"> ○ Performs athletic exercises 6 x/week ○ Swims 5x/week for 1.5 hours each practice. ○ Does additional aerobic activities 2 x/week for 20 min each session. ○ Attends 30 min dryland training for strength work 3-4x/week ○ Stretches at home after every exercise session. 	<ul style="list-style-type: none"> ○ Performs athletic exercises 6-8 x/week ○ Swims 5 or more x/week for 1.5 hours each practice. ○ Does additional aerobic activities 1-3 x/week for 60 min each session. ○ Attends 30 min dryland training for strength 3-4x/week. ○ Warms up on own before and stretches after every exercise session.
Training Set Requirements for Placement	<ul style="list-style-type: none"> ○ Swims 25 yards of Freestyle and backstroke. ○ Starts and finishes at the wall. 	<ul style="list-style-type: none"> ○ Performs proper Ready Position on all sets and pushes off on side/back in tight streamline when appropriate. ○ 300 Free with turns no stopping ○ 300 Back with legal turns no stopping ○ Can perform legal breaststroke kick. ○ Can perform proper SINGLE body dolphin. ○ Start from the block with hands entering first, arms and head in streamline, legs together and straight 	<ul style="list-style-type: none"> ○ Ages 10 & Under: <ul style="list-style-type: none"> ➤ 3x200 IM on 3:50 ➤ 6x100 Kick on 2:10 ➤ 12x100 Free on 1:45/Back on 2:00 ○ Ages 11-12 <ul style="list-style-type: none"> ➤ 4x200 IM on 3:45 ➤ 7x100 kick on 2:10 ➤ 16x100 Free on 1:35/Back on 1:50 ○ Ages 13&Over <ul style="list-style-type: none"> ➤ 6x200 IM on 3:40 ➤ 8x100 kick on 2:10 ➤ 16x100 Free on 1:25/Back on 1:40 	<ul style="list-style-type: none"> ○ Ages 11&Over <ul style="list-style-type: none"> ➤ 6X200 IM on 3:20 ➤ 8x100 kick on 2:00 ➤ 20x100 Free on 1:20/Back on 1:30/Breast on 1:40/Fly on 1:30

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		<ul style="list-style-type: none"> ○ Accurately counts and computes distances 		
Competitive Performance Expectations	<ul style="list-style-type: none"> ○ None or only novice/summer league meets. 	<ul style="list-style-type: none"> ○ Competes for the purpose of skill development. ○ Competes in “C” Meets and some “B” Meets. 	<ul style="list-style-type: none"> ○ Competes in all the events offered. ○ Competes in “A” and local championship Meets. 	<ul style="list-style-type: none"> ○ Competes in all the events offered. ○ Competes in Regional Championship Meets.
Physiology	<ul style="list-style-type: none"> • Coordinated movement patters: swims free and back with legal form 	<ul style="list-style-type: none"> • Coordinated movement patterns in all four strokes. • Can perform continuous swim for 10 minutes. • Cognitively understands and accepts individual differences in physical size within an age group. • Understands energy for exercise comes from good nutrition. 	<ul style="list-style-type: none"> • Coordinated movement patters with legal form in all four strokes. • Can perform continuous swim for 30 minutes. • Cognitively understands relationship between training and physical development. • Can measure own heart rate and understands the purpose of measurement. • Understands the importance of flexibility in swimming performance. 	<ul style="list-style-type: none"> • Can perform continuous swim for 30 minutes with high rate of speed. • Cognitively understands the concepts of a balanced diet and basic fuels used during swimming training. • Understands different energy systems used in sprinting vs. distance swimming. • Uses heart rate to monitor exercise intensity and recovery.
Behavior and Accountability	<ul style="list-style-type: none"> • Understands he/she is part of a team and has respect for his/her teammates. • Listens to recommendations from the coach and tries to make appropriate changes. • Understands team rules and consequences of breaking the rules 	<ul style="list-style-type: none"> • Demonstrates an understanding of sportsmanship behavior (congratulates opponents, doesn’t show anger after a race). • Treats teammates, parents, and coaches like he/she would like to be treated. 	<ul style="list-style-type: none"> • Demonstrates a higher level of sportsmanship behavior (respects competitors, gets along with friends regardless of ability). • Mentors younger or less achieved athletes. 	<ul style="list-style-type: none"> • Knows the names of competitors and makes efforts to get along with all of them.

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		<ul style="list-style-type: none"> • Talks to the coach before and after each race. 		
Work Ethic and Self Discipline	<ul style="list-style-type: none"> • Picks up and puts away any equipment he/she used in practice. • Ready to start practice on time with swim suit, cap and goggles. • Gives the coach his/her undivided attention while the coach is talking. • Follows directions given by the coach. 	<ul style="list-style-type: none"> • During practice he/she leaves on time during sets, starts and finishes at the wall, swim the sets in the prescribed manner, swims the entire set (doesn’t walk on the bottom, counts accurately). • Communicates openly with his/her coach. 	<ul style="list-style-type: none"> • Attends the recommended number of meets and understands the importance of being on time for meet warm-ups. • Meets the established attendance requirements (minimum of 4 swim practices/week). • Challenges him/herself to perform to the utmost of his/her ability in practice. 	<ul style="list-style-type: none"> • Never influenced by the negative behavior of his/her teammates. • Understands and takes responsibility for attendance, performance and habits in practice and how these three relate to meet performance. • Never drinks, smokes or takes any drugs or harmful substances.
Time Management	<ul style="list-style-type: none"> • Arrives at practice session on time. 	<ul style="list-style-type: none"> • Understands the importance of hard work in the classroom and completes homework on time. • Turns in appropriate team work on time (goals, meet entries, etc.). 	<ul style="list-style-type: none"> • Demonstrates an ability to balance school and outside activities. 	<ul style="list-style-type: none"> • Demonstrates the ability to balance school, social activities, swimming and family.
Commitment and Team Loyalty	<ul style="list-style-type: none"> • Swimmer knows the team name and team colors. • Knows the names of teammates and coaches in his/her practice group. • Knows the name of other training groups on the team. 	<ul style="list-style-type: none"> • Swimmer knows the history of the team. • Chooses a swimming hero and studies that hero. • Takes pride in being a member of the team, participating in team cheers, knowing the coaches names, cheering 	<ul style="list-style-type: none"> • Chooses a national swimming hero and studies that hero. 	<ul style="list-style-type: none"> • Effectively communicates his/her commitment to swimming to parents, coach and teammates. • Knows the teams’ goals and takes an active part in developing specific and attainable practice group goals.

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		on teammates during swims (practice and meets).		<ul style="list-style-type: none"> Understands the relationship between his/her personal commitment level and results.
Psychological Skills	<ul style="list-style-type: none"> Can demonstrate the difference between tense and relaxed muscles. Understands what concentration is. Knows the difference between focusing on what’s important and what is not. 	<ul style="list-style-type: none"> Can describe the relationship between nervousness and performance. Can describe the mind-body connection (negative thoughts lead to tight muscles lead to poor performance) Understands the role of failure and the importance of learning from ones mistakes; understands this is essential to becoming a champion. Understands the effect of negative self-talk on performance. Understands what to focus on and what to block out both in practice and meets. Knows how to concentrate. 	<ul style="list-style-type: none"> Understands relationship between relaxation and performance. Can perform belly breathing as relaxation technique. Understands stress comes from negative self-talk and faulty focus of concentration. Uses positive self-talk and affirmations. Closely monitors negative self-talk. Can recognize faulty focus and bring self-back to a proper focus. Understands the value of setting goals to improve performance. Is able to accept criticism from the coach. Understands that criticism is a critique of skills, not a critique of the individual. 	<ul style="list-style-type: none"> Can combine self-talk and slow breathing for arousal control. Has a clear awareness of personal stressors. Is capable of performing progressive muscle relaxation. Knows techniques to control mind and body (deep breathing, positive self-talk, imagery, muscle relaxation). Understands the importance of imagery. Can perform basic visualization skills. Can quickly return concentration focus in practice and in meets from uncontrollable to appropriate focus. Understands the principles of effective goal setting. Beginning to set goals for the entire season.

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				<ul style="list-style-type: none"> Knows at least one technique for handling negative self-talk.
Biomechanics: Physical and Cognitive	<ul style="list-style-type: none"> Tight Streamline “torpedo” position from the wall on all push offs. Position held for at least one and one half body lengths. Holds the streamline, kicks, then pulls to the surface. Can maintain a vertical stationary position in deep water using a sculling motion. Completes the progressions for freestyle and backstroke. Demonstrates a proper start from the side of the pool with a streamlined glide to the surface. Performs an open turn and pushes off in a streamlined position. 	<ul style="list-style-type: none"> Executes a start from the blocks. Holds the underwater streamlined position for one and one half body lengths, initials a kicking action for one body length, and pull to the surface. Executes a legal freestyle, backstroke butterfly and breaststroke turn, include a 10 yard approach. Completes progressions for the butterfly and breaststroke. Counts number of strokes and accurately tells the coach when asked. 	<ul style="list-style-type: none"> Executes a start from the block and can dolphin kick 15m before pulling to swim. Completes one length of each stroke with the same time in level 2, but with 2 less strokes. 	<ul style="list-style-type: none"> Dolphin kicks 15m from dive and every turn. Completes one length of each stroke holding the same time or faster but using fewer strokes than in level 3. Understands the relationship between distance per stroke, stroke rate and swimming speed. Can name two ways to minimize resistance or drag from the water. Can explain one reason why sculling is important in creating propulsion.
Biomechanics: Stroke	Freestyle <ul style="list-style-type: none"> Completes legal freestyle using arms and legs for one length of the pool 	Butterfly <ul style="list-style-type: none"> Complete one length of the pool with legal butterfly form. 	<ul style="list-style-type: none"> Performs 200 IM with legal technique. 	<ul style="list-style-type: none"> Performs 400 IM with legal technique.

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	<ul style="list-style-type: none"> • Demonstrates shoulder and hip rolling motion during the swim. • Comfortably takes a breath. Backstroke <ul style="list-style-type: none"> • Completes legal backstroke using arms and legs for one length of the pool • Demonstrates should and hip rolling motion during the swim. 	<ul style="list-style-type: none"> • Demonstrates correct timing of the pull, kick and breath during the butterfly. • Demonstrates undulating motion during the butterfly. Breaststroke <ul style="list-style-type: none"> • Complete one length of the pool with legal breaststroke form. • Demonstrates correct timing of the pull, kick and breath. • Performs 100 IM with legal technique. 		