

Age Group Policies

In an effort to help our swimmers be successful in the pool, here is a list of standard practices to ensure group requirements are being met.

- Show up! In order for swimmers to make progress, they need to be at practice and meets to learn and get stronger. Swimmers should arrive before the designated starting time to ensure that they are properly dressed and prepared to start practice either on deck or in water. Dry-land and stretching activities are an important part of swimmers preparation for practices and meets, and helps to provide injury prevention; these should not be skipped or arrived to late [athlete schedule permitting].
- In order to participate fully with the entire group, swimmers need to have all their required equipment, in working condition, at all practices. Equipment is an important tool in learning and training and should be checked and maintained on a regular basis.
- When registering for any meets please mention what day(s) your swimmer is planning to attend in the comment box. You can also mention any events your swimmer would like to swim. Please note that once your swimmer is signed up for a meet the coaches will be going through all the entries and picking/adjusting events for all the swimmers. Ultimately the coach will make all final entry decisions as best suited for each swimmer's training needs.
- Swimmers should be learning to take responsibility for their own swimming, as their goals belong to them only. To help swimmers build self-efficacy, they are responsible for checking in, checking postings and heat & lane assignments, reporting to their coach before and after each race, and for being behind their block prior to their race.

- Relays are a fun, exciting event at swim meets and a highlight of the meet for many swimmers. In an effort to teach reliability and teamwork, we believe in rewarding swimmers who make commitments to relays with more relay opportunities. Therefore, any swimmer that does not commit to all assigned relays at championship meets might not be offered the opportunity to participate in future relays.
- Swimmers will be evaluated periodically. It is important for us to make sure that all swimmers' needs are being met in an effort to create the safest learning environment while also producing growth and change. Any swimmers that are unable to consistently meet the group's requirements, or are unable to keep up with the group due to missing practice (for any and all reasons), injury, and/or work ethic are subject to be moved to a more appropriate group.
- Once swimmers in Seals and AG1 groups turn 13, they will be moved up to the Senior Program and into the Senior Development group.
- High School age AG2 swimmers who are unable to meet and satisfy AG3 requirements/standards, will be moved to the Senior Program and join the Senior Development group.