

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 times to ensure that they 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.
- 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 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, excited 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 be taken off relays at future meets.
- 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 environments 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.
- Any swimmer that is not ready for the AG 2 group by their 13th birthday, will be moved to the High School Prep group.
- Any swimmer that is not ready for the AG 3 group by the time they start High School, will be moved to the High School Prep group.