

# Skills to Enter Dolphin Group

Swimmers must complete the items listed below to be considered to move to the Dolphin group (Monday - Friday 6:30-8:00)

## PHYSICAL SKILLS

1. Swimmer is 6<sup>th</sup> grade and under.
2. Must attend at least 2 meets per quarter.
3. Maintains 75% practice attendance.
4. 4 Legal Strokes.
5. Know turns for all strokes and uses them in practice and meets including: the Breast Stroke pull down with proper timing and the streamline underwater dolphin Kicks for Free, Fly and Back.
6. Knows all forward and back starts.
7. Legal time in the following events:

50 Free	50 Back	50 Breast	50 Fly
100 Free	100 Back	100 Breast	100 Fly
100 IM	200 Free		

8. Be able to swim a 1,000 yard/meters main set (one of the following):

2x 500 free @ under 10 minutes
5 x 200 @ 3:30
10 x 100 @ 1:50
20 x 50 @ 50 -60 secs

9. Complete a Kick set of 20 x 25 @ 40.
10. Achieve multiple "B" national Time Standards.

## **COGNITIVE SKILLS**

1. Swimmers must be able to read the pace clock.
2. Swimmer can count strokes/cycles per length for each stroke and report back to coach.
3. Athlete should be able to repeat key words as prescribed by the coach to explain/describe appropriate swimming movements.

## **BEHAVIOR SKILLS**

1. The swimmer understands that he/she is part of a team and has respect for his/her teammate. The swimmer demonstrates an understanding of sportsmanship.
2. Swimmer talks to the coach before and after races.
3. The swimmer listens to the coach and makes the appropriate changes.

## **WORK ETHIC and SELF-DISCIPLINE**

1. During practice the swimmer will leave on time during sets, leave and finish at the wall and swim the set in the prescribed manner.
2. The swimmer will be ready to start practice on time with the appropriate equipment.
3. The swimmer gives the coach his/her undivided attention while the coach is talking. (Listening with ears, looking with eyes, and remaining quiet during instruction)
4. The swimmer will swim the entire set. (Does not stop on the wall, counts each lap accurately)

# Skills to Enter Barracuda Group

Swimmers must complete majority of the following requirements to be considered to move to the Barracuda Group (Monday- Friday 6:30-8:00 am)

## PHYSICAL SKILLS

1. Swimmer is still a 10 & under by April 2020.
2. Attends at least 2 meets per quarter.
3. Maintains 75% practice attendance.
4. Four Legal Strokes
5. Legal times in the following events:

50 Freestyle	100 Freestyle	200 Freestyle
50 Backstroke	100 Backstroke	
50 Breaststroke	100 Breaststroke	
50 Butterfly	100 IM	

6. Achieve multiple 10 & under "B" Times
7. Achieve 1 State Time
8. Complete the Following Test sets:

### **Crosspool Test Sets**

Kick 12x50 @ 45

Freestyle 12X50 @ 45

### **Yards pool Test**

Kick 12X25 @40

Freestyle 10x50@ 1:10

Freestyle 6X100 @ 2:20

9. Freestyle and Backstroke Flip Turn
10. Performs underwater prescribed dolphin kicks for freestyle, backstroke, and butterfly starts and turns.

11. Performs a proper breast stroke underwater pulldown off every wall.
12. Executes a start from the block. Holds the underwater position for at least one and one-half body lengths, initiates a kicking action and progress to the surface of the water with the proper pull.

### **COGNITIVE SKILLS**

1. Swimmers must be able to read the pace clock.
2. Swimmer can count strokes/cycles per length for each stroke.
3. Athlete should be able to repeat key words as prescribed by the coach to explain/describe appropriate swimming movements.

### **BEHAVIOR SKILLS**

1. The swimmer understands that he/she is part of a team and has respect for his/her teammate. The swimmer demonstrates an understanding of sportsmanship.
2. Swimmer talks to the coach before and after races.
3. The swimmer listens to the coach and makes the appropriate changes.

### **WORK ETHIC and SELF-DISCIPLINE**

1. During practice the swimmer will leave on time during sets, leave and finish at the wall and swim the set in the prescribed manner.
2. The swimmer will be ready to start practice on time with the appropriate equipment.
3. The swimmer gives the coach his/her undivided attention while the coach is talking. (Listening with ears, looking with eyes, and remaining quiet during instruction)
4. The swimmer will swim the entire set. (Does not stop on the wall, counts each lap accurately)

# Skills to Enter Piranha Group

Swimmers must complete the items listed below to be considered to move to the Piranha group (Monday, Wednesday, Friday 6:30-8:00)

## PHYSICAL SKILLS

1. Swimmer is still 9 & under by April 2020.
2. Must attend at least 2 meets per quarter.
3. Maintains 75% practice attendance.
4. 3+ - 4 legal Strokes
5. Legal time in the following events:

50 Freestyle	50 Backstroke	50 Breast or Fly
100 Freestyle	100 Backstroke	

6. 50 Freestyle achieve 48.00 or faster
7. Crosspool test set
  - Flutter Kick 8x50 @ 55
  - Freestyle 8x50 @ 55
8. Yards pool Test
  - Flutter kick 8x25 @ 50
  - Freestyle 8x50 @1:30
9. Freestyle Flip Turn
10. Circle swim
11. From a push maintains a prone streamline body position, one hand on top of the other, ears between the upper arms, lower body stretched long, toes pointed.
12. Completes the racing start progression.

## **COGNITIVE SKILLS**

1. Swimmer can count strokes of freestyle and backstroke.
2. Athlete should be able to repeat key words as prescribed by the coach to explain/describe appropriate swimming movements.

## **BEHAVIOR SKILLS**

1. The swimmer understands that he/she is part of a team and has respect for his/her teammates and coach.
2. The swimmer listens to the coach and tries to make the appropriate changes.

## **WORK ETHIC and SELF-DISCIPLINE**

1. The swimmer will be ready to start practice on time with the appropriate equipment.
2. The swimmer gives the coach his/her undivided attention while the coach is talking. (Listening with ears, looking with eyes, and remaining quiet during instruction)
3. The swimmer will swim the entire set. (Does not stop on the wall, counts each lap accurately)