

\*The following are criteria the NBSC coaching staff has determined to be necessary for swimmer movement between training groups of New Berlin Swim Club.

## **Muskie**

**Introductory swim team classes.** Beginner, Intermediate, Advanced swimmers will demonstrate various levels of skill development from group to group. Many of those skills will include water safety and body awareness in the water. While attending Red, White, or Blue sessions swimmers will transition into our competitive training groups beginning with our **Bronze** Group.

### **Bronze Placement Criteria**

**Introduction of the four competitive strokes.**

**Ability to train** – Consistent ability to hold repeat intervals in all aspects of swimming is the primary consideration given to group change. Swimmers must consistently demonstrate the ability to handle the increased training load of the next training group.

**Attitude** – NBSC considers a swimmer's attitude to be a prime factor for success. Can he/she handle increase in stress with a positive attitude? Can the swimmer cope with adversity, or are they devastated by minor setbacks? Does the swimmer enjoy practicing, or training? If not, is more training appropriate?

**Attendance** – A prime consideration to the team is the swimmer's ability and desire to handle the amount of dedication needed to be in the next group level for a pre-determined period of time before they may be moved.

**Technique** – Swimmers must master a certain level of proficiency in the start, turn and stroke techniques taught at their current level before they move.

**Equipment** = Fins with longer blade, Kickboard (optional).

## Silver Group Placement Criteria

**Attitude** - NBSC considers a swimmer's attitude to be a prime factor for success. Can he/she handle increases in stress with a positive attitude? Can the swimmer cope with adversity or are they devastated by minor setbacks?

**Attendance** – A prime consideration to the team is the swimmer's ability and desire to handle the amount of dedication needed to be in the next group level for a pre-determined period of time before they may be moved.

**Social Age** – The swimmer must be able to relate to their future peers in the next group. Is the swimmer socially ready to move up to the next level? This is a contributing factor but not usually the overriding one in determining a group placement.

**Technique** – Swimmers must master a certain level of proficiency in the start, turn and stroke techniques taught at their current level before they move.

### **Skills – 6x50 Freestyle**

#### **6x50 Backstroke**

#### **6x50 Breaststroke**

#### **6x50 Butterfly**

#### **6x50 Kick**

- Accurately count and complete distances
- Completes all events offered in age group
- Starts in streamline position
- Ability to swim all 4 competitive strokes legally
- Count strokes
- Ability to complete a 10 minute swim
- Demonstrate proper sportsmanship
- Speak with coach before and after competitive swims
- Demonstrate proper practice etiquette (start on time, swim to wall, etc...)

**Equipment** = Fins with longer blade & kickboard optional.

## Gold Placement Criteria

**Ability to train** – Consistent ability to hold repeat intervals in all aspects of swimming is the primary consideration given to group change. Swimmers must consistently demonstrate the ability to handle the increased training load of the next training group.

- Capable of completing 10x50 Fly or Breast @ 1 :10
- Capable of completing 10x50 Back @ 1:00
- 10x50 Free @ :50
- 10x50 Kick @ 1:00

**Attitude** – NBSC considers a swimmer’s attitude to be a prime factor for success. Can he/she handle increases in stress with a positive attitude? Can the swimmer cope with adversity, or are they devastated by minor setbacks? Does the swimmer enjoy practicing, or training? If not, is more training appropriate?

**Attendance** – A prime consideration to the team is the swimmer’s ability and desire to handle the amount of dedication needed to be in the next group level for a pre-determined period of time before they may be moved. They will be expected to attend 4 practices/week including Saturdays.

**Social Age** – The swimmer must be able to relate to their future peers in the next group. Is the swimmer socially ready to move up to the next level? This is a contributing factor but not usually the overriding one in determining a group placement.

**Technique** – Swimmers must master a certain level of proficiency in the start, turn and stroke techniques taught at their current level before they move.

**Competition level** – Contrary to popular belief, meet performance is considered less than any of the above categories in determining a swimmer’s group placement.

**Equipment** = Fins with longer blade, small hand paddles, kickboard, pull buoy, 2 tennis balls, mesh bag, & training snorkel.

## **Platinum Group Placement Criteria**

**Ability to train** – Consistent ability to hold repeat intervals in all aspects of swimming is the primary consideration given to group change. Swimmers must consistently demonstrate the ability to handle the increased training load of the next training group.

- 20x100 Free @ 1:20
- 15x100 IM @ 1:30
- 5x200 Back, Breast, Fly @3:30
- 5x200 IM @ 3:20
- 10x100 Kick @1:50
- 15x50 Kick @ :50

**Attitude** – NBSC considers a swimmer’s attitude to be a prime factor for success. Can he/she handle increases stress with a positive attitude? Can the swimmer cope with adversity, or are they devastated by minor setbacks? Does the swimmer enjoy practicing, or training? If not, is more training appropriate?

**Attendance** – A prime consideration to the team is the swimmer’s ability and desire to handle the amount of dedication needed to be in the next group level for a pre-determined period of time before they may be moved. Every practice is highly recommended. Lack of attendance will be considered a lack of commitment.

**Social Age** – The swimmer must be able to relate to their future peers in the next group. Is the swimmer socially ready to move up to the next level? This is a contributing factor but not usually the overriding one in determining a group placement.

**Technique** – Swimmers must master a certain level of proficiency in the start, turn and stroke techniques taught at their current level before they move.

**Competition level** – Contrary to popular belief, meet performance is considered less than any of the above categories in determining a swimmer's group placement.

**Equipment** = Split fins, kickboard, pull buoy, hand paddles, training snorkel, 2 tennis balls, & mesh bag.