

YSF Group Selection

Considerations & Comments

Group Selection Comments:

- Group movement is made after collective input from the staff and is based on an evaluation of the previous and current seasons.
- The decision will always be based on what is fair and best for the swimmer and fair in relation to the group.
- A swimmer who meets all the criteria below would most likely move up.
- A swimmer who meets four or five of the criteria **may** be moved up if they are **exceptional** in those areas.
- **It is imperative that parents and swimmers allow the coaches to make group placement decisions based on the coaches' experience and their familiarity with the swimmers.**

Times, Ability, & Potential

- Current times should be at or near the standard for the group. Please note that performance is one of *many* considerations.
- If the times are less than the standard, the swimmer should have the ability and potential to improve quickly.

Training ability

- Ability to swim through the workout well including the more challenging sets and intervals, as well as aggressive kicking sets and underwater training.
- The ability to train with focus and discipline, including dryland.

Technique

- Stroke technique should be relatively efficient to allow for training at higher levels.
- Stroke concerns which could lead to shoulder soreness or injury are always a consideration.

Maturity

- Maturity as a person and athlete includes responsibility, discipline, accountability, and integrity. A swimmer moving up should be a positive influence on the group. *Note: With regard to maturity issues, swimmers can be moved down and swimmers not moved up.*

Attendance

- Attendance should be at least at the standard for the group or higher and should additionally include consistent morning workouts (if relevant) and dryland attendance.

Team & Meet Commitment

- Fully committed to the meet process and following team guidelines, including on-time arrival, attire, warm-up, warm-down, race maturity, etc.

Additional Notes on Group Movement

- Swimmers in a particular group, who feel they should be in the higher group, should be outstanding and demonstrate clearly that they are dominant in their training group.
- The best course of action, if there is a question, is to ask the coach where improvement or growth is needed.
- Swimmers are moved up primarily in March and August but sometimes in December
- There may be capacity issues within each group, which may not allow all swimmers who are in consideration to move up.
- Reasons that are NOT valid to want to move to a higher group: friends, social, convenience, status, etc.
- Valid reasons for starting in a lower group would be acclimation to higher attendance requirements, morning workout obligations, and the opportunity to improve training habits or technique (i.e., injury-prone).