

## Y Swim League – Group Descriptions & Requirements

**Group Goals:** The primary goal of the Y Swim League is to **prepare swimmers for a transition into club training groups** while fostering a love for competition. Through **foundational skill development, coordination training, and team-building activities**, swimmers learn the values of **commitment, teamwork, and high character**. Practices incorporate physical games to enhance body awareness and reinforce positive training habits.

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### League I: 7-9

- **Age Range:** 7-9 years
- **Training Schedule:** Up to 2-3 practices per week, **50-60 minutes per session** (including 10-15 minutes for dryland and team discussions)
- **Typical Advancement:** Transition to **Bronze Group** via **Coach Invitation**
- **Evaluation:** Coaches utilize team resources to assess readiness

#### Requirements:

- ✓ Graduation from **Swim Stroke**
  - ✓ Ability to complete **100 yards** without excessive head lifting or stopping
  - ✓ Basic execution or understanding of all four strokes
  - ✓ **Coachable** attitude
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### League II: 10-12

- **Age Range:** 10-12 years
- **Training Schedule:** Up to 3-4 practices per week, **60-75 minutes per session** (including 10-15 minutes for dryland and team discussions)
- **Typical Advancement:** Transition to **Bronze or Silver group** via **Coach Invitation**
- **Evaluation:** Coaches utilize team resources to assess readiness

#### Requirements:

- ✓ Ability to complete **100 yards** without excessive head lifting or stopping
- ✓ Execution of **all four strokes**, with basic breaststroke kick mechanics
- ✓ Ability to **perform all flip turns** (not required to be legal but must demonstrate effort and learning ability)
- ✓ **Coachable** attitude

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### League III: 13&O





- **Age Range:** 13 and older
- **Training Schedule:** Up to 3-4 practices per week, **60-75 minutes per session** (including 10-15 minutes for dryland and team discussions)
- **Typical Advancement:** Transition to **Gold or Senior Group** via **Coach Invitation**
- **Evaluation:** Coaches utilize team resources to assess readiness

### Requirements:

- ✓ Ability to complete **200 yards** without excessive head lifting or stopping
- ✓ Execution of **all strokes and flip turns** similar to the **Black Group** standards
- ✓ **Coachable** attitude

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### Additional Resources Used for Evaluation:

-  **USA Swimming Motivational Time Standards**
-  **Skill Cards**
-  **YSF Group Times and Standards Sheet**
-  **USA Swimming's American Development Model**