



Group Standards

(Subject to Coaches' Discretion and Revision)

Promotions will generally occur on or about Sept. 1, Jan. 1, April 1, and June 1

Swimmers may be asked to split time between groups as a transition

Promotions to a group are not permanent. Swimmers must continue to meet group standards.

	Gold	Copper	Silver	Bronze	Green	Blue	White	Mini Makos
Minimum Age at beginning of Season	14	12	11	13	9	7	6	5
Maximum Age at beginning of Season					13			9
Minimum	8x per week for pool practices as well as 2x per week for dryland	5x per week as well as 2x per week for dryland.	5x per week as well as 2x per week for dryland.	4x per week expected	4x per week expected	3x per week strongly encouraged	3x per week is strongly encouraged	2x per week encouraged
ABF Meet Attendance	Expected	Expected	Expected	Expected	Expected	Expected	Strongly Encourage	Strongly Encourage
ME Meet Attendance	Expected	Expected	Expected	Expected	Expected	Expected	Strongly Encourage	Welcome with coach recommendation
New England Meet Attendance	Expected	Expected	Expected	Encouraged	Strongly Encouraged	Encouraged	Welcomed	Welcome with coach recommendation
New England Championship Meet attendance	Expected	Expected	Expected	Expected	Expected	Expected	Expected	Welcome with coach recommendation
Participation in Long Course Season	Expected	Expected	Expected	Encouraged	Expected	Strongly Encouraged	Strongly Encouraged	Strongly Encouraged
Participation in Training Trips	Encouraged if open							
Minimum Technical Requirements			Proficient strokes, turns, and starts	Four Legal Stokes	Four legal strokes	Three legal strokes	Uses rotational breathing in freestyle for 4 X 25 meters with 10 seconds rest in between	Can float comfortably on front and back
				Read and follow more complicated intervals	Can read a workout on the board	Free and Back flip turn	Can comfortably swim 25 meters of backstroke.	Can swim 25 yards without stopping
				Build, ascend, and descend in sets (manage pace)	Know drills and perform them properly	Basic competitive dive	Consistently listen to coach's instructions and demonstrates a desire to improve	Can go underwater and blow out all their air
					Ability to read the pace clock for all intervals	Identify top and bottom of pace clock	Legal breaststroke kick is appreciated	Demonstrates ability to listen and follow directions
					Read heat sheet and self manage at meets	Ability to leave 5 or 10 seconds apart as asked without Coach prompt	Legal dolphin kick is expected	Expresses interest in being a competitive swimmer.
					Consistently dolphin kick off walls and at start	Push off in a streamline	Should be able to dive from a sitting and kneeling position	Comfortable jumping in the water
					Warm up and swim down after races without being prompted by the coach	Consistently listen to coach's instructions and demonstrates a desire to improve	Can do a somersault in the water	Enjoys the water
Minimum Training Requirements	8 X 100 Freestyle on 1:15	8 X 100 on 1:20	8 X 100 Freestyle on 1:30 (1:40 scm)	5 x 100 Freestyle on 2:00 (scm)	Make 2:00 (scm) on drop out 100's or 1:00 (scm) on drop out 50's.	8 X 50 Free on 1:15 (scm)	Swim 25 meters freestyle in 45 seconds	
	8 X 50 Freestyle Kick on :55	8 X 50 Freestyle Kick on :55	10 x 50 Free Kick on :60 (1:05 scm)	8 x 50 Freestyle kick on 1:10 (scm)	6 x 50 Freestyle kick on 1:20 (scm)	4 X 50 on 1:30	Swim 25 meters backstroke in 55 seconds	
	5 X 200 IM on 2:50	5 X 200 IM on 3:00	5 X 100 IM on 1:35 (1:45 scm)	4 x 100 Individual Medley on 2:15 (scm)	5 X 100 Back on 2:15 (scm)	8 X 50 Back on 1:20 (scm)		
				500 Freestyle in less than 11:00 (scm)	400 Free in 8:15 (scm)	200 Free without stopping		
	Gold	Copper	Silver	Bronze	Green	Blue	White	Mini Makos