

Club: Development Group Descriptions and Requirements

Group Notes: All groups are divided by **age/grade, training ability, time standards, attendance, maturity, and performance**. Sometimes swimmers who are not at or near the time standard for a group may be considered to move up if they are extraordinary in other areas such as training ability, attendance, maturity, and leadership. For example, 8th graders may be moved up if they meet the criteria for the senior group. The coaches will decide on the most appropriate group for each swimmer.

Development Divisions, our development swimmers are typically swimmers ages 12 and younger who have just discovered the urge to compete in the sport of swimming and actively want to work on developing the foundational skills needed in the four competitive strokes.

Bronze: Typically ages 12&U. Trains 3-4 times a week for 65 minutes. 5-10 minutes utilized for team meetings and dryland.

- Minimum Requirements: Need a recommendation from your current coach and be able to complete 3x100 IMs on 2:30 legally and 6x50s FR on 1:10. Swimmers should also know how to count their strokes, understand basic intervals, and have basic lane etiquette. Bonus points if swimmers can name three sources of energy from fruit, vegetables, grains, dairy, protein, and fat groups.

Silver: Typically ages 10-12. Trains 4 times a week for 75 minutes. 10-15 minutes utilized for team meetings and dryland. Attendance expectations are 3 times a week minimum during the primary season and flexibility in the other.

- Minimum Requirements: Need a recommendation from current coach and be able to complete: 6x100 IMs on 2:10 legally, 12x50 FR on 1:00, and Achieve 4 out of 5 time standards on our Club's Training and Time Standards doc. Swimmers should also excel in all the skills needed to be in the Bronze Group