

Swim Neptune Group Criteria

Senior 1 (High Performance)

- Summer Sectional Cut (Invite Only)
- **Commitment** to highest level meet achieved
- 6-8 water practices + 2 Strength and Conditioning sessions per week, including AM practices
- High School Freshman or Summer going into high school (14 years and up)
- Full practice attendance is expected
- Full meet attendance is expected (including travel meets)
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Placement in this group will be at coaches' discretion.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Senior 2

- One 14 year old AAA National Motivational Time Standard
- **Commitment** to highest level meet achieved
- 6-7 water practices + 2 Strength and Conditioning sessions per week, including AM practices
- High School Freshman or Summer going into high school (14 years and up)
- Full practice attendance is expected
- Full meet attendance is expected (including travel meets)
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Placement in this group will be at coaches' discretion.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Senior 3

- Senior Regional/State Cuts + readiness for this level of training
- **Commitment** to highest level meet achieved
- 6 water practices per week, including possible AM practices
- High School Freshman or Summer going into high school (14 years and up)
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Placement in this group will be at coaches' discretion.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Blue Group

- 12-14 years of age (Age is determined by age on first day of State Meet)
- 5-6 water practices and 1 Strength and conditioning session per week, including possible AM practices
- State/SWAGR cuts + training on first interval in prior group
- **Commitment** to highest level meet achieved (including travel meet)
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Placement in this group will be at coaches' discretion.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Black Group

- 10-13 years of age (Age is determined by age on first day of State Meet)
- 5 water practices and 2 dry land sessions per week
- **Commitment** to highest level meet achieved
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Placement in this group will be at coaches' discretion.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

White Group

- 8-11 years of age (Age is determined by age on first day of State Meet)
- 4-5 water practices per week
- **Commitment** to highest level meet achieved
- Can legally swim all 4 stroke + Competes in USA Swimming meets
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Placement in this group will be at coaches' discretion.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Trident 3

Trident 2

Trident 1