



### **Group Descriptions and Move Up Criteria**

All group move-ups will be determined by the coaching staff.

## SEALS, TIGERSHARKS, MARLINS, HAMMERHEADS, JELLYFISH & STINGRAYS

**Entrance into groups:** Demonstrate the ability to swim freestyle/crawl and backstroke across a 25-yard pool, unassisted without stopping.

**Group Dynamic:** The aim of these groups is to develop the basic stroke fundamentals and to build a solid stroke technique foundation. Focusing on kicking and using innovative drill progressions, the swimmers acquire the skills necessary for efficient swimming and are ready to take the steps toward competitive swimming in all four strokes. Introduce all four strokes, streamlining, develop body awareness within the water, fun and foster interest in sport of swimming.

**Ages:** 5 – 8 years old

**Daily training:** 30 mins, 2x per week

**Equipment:** PSC swim cap, pair of goggles and a water bottle for practice. PSC t-shirts (Red, white, and grey).

**Move up requirements from Tigersharks, Marlins, Hammerheads, and Jellyfish to Goldfish:**

- Must be 6 years old.
- All 4 strokes are legal.
- Competed in a swim meet.
- Be able to swim a legal 50 freestyle, 50 backstroke 25 breaststroke & 25 butterfly.

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

## GOLDFISH

**Entrance into groups:** Demonstrate the ability to swim 50 yards of freestyle, breaststroke, and backstroke & 25 butterfly in the pool unassisted without stopping, in a timely manner.

**Group Dynamic:** The aim of these groups is to further develop the basic stroke fundamentals.

**Ages:** 6 – 8 years old

**Daily training:** 45 mins, 2x per week

**Equipment:** PSC swim cap, pair of goggles and a water bottle for practice. PSC t-shirts (Red, white, and grey).

### **Move up requirements from Goldfish to Starfish:**

- Must be 7 years old.
- All 4 strokes are legal.
- Competed in a swim meet.
- Complete a legal 100 freestyle, 100 backstroke, 50 breaststroke, & 50 butterfly in a meet.
- **If an athlete turns 9, they will move up to the starfish group.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

## STARFISH

**Entrance into group:** Demonstrate the ability to swim 100 yards of freestyle and backstroke as well as 50 yards of breaststroke and butterfly. The swimmer must demonstrate the ability to keep up with the current Starfish Group. The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice.

**Group Dynamic:** We recommend 2-3 practices per week due to the on-going learning stroke progressions; the swimmer should maintain weekly attendance throughout the duration of the season for optimal development and improvement of the four (4) competitive strokes; handling self in a group (team) setting; swim practice training and training situations with the focus of building team pride.

**Ages:** 6 - 9 years old

**Daily training:** 1 hour, 3x per week

**Daily yards:** 900-1200

**Equipment:** PSC swim cap, pair of goggles, junior size kickboard, fins, and a water bottle for practice. PSC t-shirts (Red, white, and grey)

### Move up requirements from Starfish to Rising Stars:

- Must be 7 years old.
- Attend an Avg. of 2 practices a week
- All 4 strokes legal
- Ability to do 3 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal Turns
- Legal breaststroke kick and underwater pull down
- Swim a 300 in practice breathing every 3
- 3 x 100's Free on 2:15
- 2 x 100's Back on 2:30
- 2 x 100's Breast on 2:45
- 2 x 100's Kick on 2:45
- 2 x 100 IM on 2:30
- Competed in a sanctioned meet and have a legal time in all the 50's, 100's and 100 IM
- If an athlete turns 10, they will move up to the rising stars group.

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

## RISING STARS

**Entrance into group:** The ages of the swimmers in this group may be as young as 7 and as old as 10. The swimmer must demonstrate the ability to keep up with the current Rising Stars Group. The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice. Be able to swim a 50 of all 4 strokes legally and swim a 300 (12 laps) without stopping.

**Group Dynamic:** The Rising Stars Group is primarily athletes ages 10 & under. The swimmers in the group are focused on achieving mastery of the fundamental skills needed to perform all four competitive strokes. Swimmers will continue stroke development to build endurance and racing skills (starts, turns, finishes) to legally compete in 100's of Stroke/IM, 200 free, and 200 IM. Swimmers in the group are encouraged to attend meets regularly with a goal of achieving JO or Age Group State qualifying times. Swimmers will foster the ability to kick, learn workout etiquette, build upon body awareness within the water, core body development, and foster an interest in the sport of swimming.

**Ages:** 8 - 11 years old

**Daily training:** 1 hour, 4x per week

**Daily yards:** 1100-1500

**Equipment:** PSC swim cap, pair of goggles, junior size kickboard, junior size pull buoy, fins, and a water bottle for practice. PSC t-shirts (Red, white, and grey).

### Move up requirements from Rising Stars to White Group:

- Must be 8 years old.
- Attend an Avg. of 3 practices a week
- **Must achieve 2 Arizona 10 & under Junior Olympic/Regional Championship time standards (B times) in 3 different events**
- Ability to do 4 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Legal Turns
- Streamline off every wall
- Swim a 500 in practice breathing every 3<sup>rd</sup>
- 5 x 100's Free on 2:00
- 3 x 100's Back on 2:15
- 3 x 100's Breast on 2:30
- 3 x 100's Kick on 2:30
- 3 x 100 IM on 2:15
- All 4 strokes legal
- Competed in a sanctioned meet and have a legal time in all the 50's, 100's, 100 IM, 200 Free, and 200 IM.
- **If an athlete turns 12, they will move up to the white group.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

## WHITE

**Entrance into group:** The swimmer must demonstrate the ability to keep up with the current White Group. The swimmer must have the emotional maturity to be independent of parent(s) &/or caretaker throughout the time allotted for the practice. Be able to swim a 100 of all 4 strokes legally and swim a 500 (20 laps) without stopping. If joining the Team, be 11yrs old and be able to swim a 50 Free, 100 Free, 50 back, 100 back as well as a 50 Breaststroke or 50 Butterfly.

**Group Dynamic:** The White Group is our top 10 & under training group. Swimmers in this group attend swim meets regularly with a focus on competing at JO's, Age Group State, and above. Building of endurance with ongoing stroke work; continuation of learning how to race; accountability; sportsmanship and introduction to dryland training. Competing regularly in swim meets, streamlining, fostering the ability to kick, build the ability to dolphin kick off all walls in a streamline position, proper stroke technique is emphasized and swimming the 200's in all 4 strokes is added. Practices will incorporate the use of the pace clock. Coaches will reinforce proper practice habits. Practices will be geared to foster interest in the sport of swimming. Swimmers will swim the 400 or 500 in a meet.

**Ages:** 9 - 12 years old

**Daily training:** 1.5 hours, 5x per week

**Daily yards:** 2300-2800

**Equipment:** PSC swim cap, pair of goggles, Junior Size kickboard, fins, junior size pull buoy, snorkel, and a water bottle for practice. PSC t-shirts (Red, white, and grey).

### Move up requirements from White to Red:

- Must be 10 years old.
- Attend an Avg. of 4 practices a week
- **Must achieve 4 Arizona Junior 11-12 Olympic/Regional Championship time standards (B times) in 4 different events**
- Ability to do 5 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Legal Turns
- Streamline off every wall
- Swim an 800 in practice breathing every 3
- 8 x 100's Free on 1:45
- 4 x 100's Back on 2:00
- 4 x 100's Breast on 2:15
- 4 x 100's Kick on 2:15
- 4 x 100 IM on 2:00
- Ability to read the pace clock
- Competed in a sanctioned meet and have a legal time in all events except 200 Fly, 200 Breast, 400 IM, 800/1000 Free, 1500/1650 Free
- **If an athlete turns 13, they will move up to the red group.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

## RED

**Entrance into group:** The Red Group is primarily athletes ages 10-14 dedicated to improving stroke technique, training capacity and racing skills. Athletes will begin developing a commitment to excellence in the sport of swimming. The goal is to successfully prepare athletes to compete at JO's, Age Group State, Far Westerns and above.

**Group Dynamic:** This group is offered 6 workouts per week. Athletes are committed to competing at a season-ending championship meet for the team. Group is introduced to dryland workouts to help with body awareness, athleticism, and strength gains. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each athlete. This group uses the training techniques and incorporates them into practice at a high level of consistency. Competing regularly in swim meets is highly recommended.

**Ages:** 10 – 14 years old.

**Daily training:** 1.75 – 2 hours, 6x per week

**Daily yards:** 3000-4000

**Equipment:** PSC swim cap, pair of fins, kick board, pull buoy, paddles, snorkel, and a water bottle all contained within a mesh bag. PSC t-shirts (Red, white, and grey).

**Move up requirement from Red to Black:**

- Must be 11 years old
- Attend an Avg. of 4 practices a week
- **Must achieve 5 Arizona 11-12 Age Group Championship time standards (A times) in 3 different events**
- Ability to do 6 dolphin kicks off wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Legal Turns
- Streamline off every wall
- Competed in a sanctioned meet (with an official time) in every event offered, excluding: 400 IM & 1500/1650 Free
- 8 x 100's Free on 1:30
- 5 x 100's Back 1:45
- 5 x 100's Breast 2:00
- 5 x 100's kick on 2:00
- 5 x 100 IM on 1:45
- Ability to read the pace clock.
- Athlete must have a desire to swim at the PSC elite age group level (Black Group)
- **Swimmers who still qualify for age group state in their freshman year of high school can remain in the black group until after the meet. Once a swimmer is 15 or in high school, they will move up to either silver or national.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

## BLACK

**Entrance into group:** If joining the Team, be 11 years old and be able to swim 100 yards of every stroke unassisted without stopping and must be committed to attending a minimum of 6 practices a week.

**Group Dynamic:** Group is comprised of our top 11 - 14-year-old athletes. There is an emphasis placed on understanding goal setting and linking training performance to those goals. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each athlete. This group uses the training techniques and incorporates them into practice at a high level of consistency. Competing regularly in swim meets including (but not limited to) Age Group States, Sectionals and Far Westerns. Group is introduced to dryland workouts.

**Ages:** 11 – 14 years old

**Daily training:** 1.5 - 2 hours per practice, 8x a week.

**Daily yards:** 5300-6000

**Equipment:** PSC swim cap, pair of fins, kick board, pull buoy, small paddles, snorkel, and a water bottle all contained within a mesh bag. PSC t-shirts (Red, white, and grey).

### **Move up requirements from Black to National:**

- Attend an Avg. of 6 practices a week
- **Must achieve 1 current Sectional or higher standard meet qualifying time.**
- Ability to do 7 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Ability to read the pace clock
- Attend dryland workouts
- Streamline off every wall
- 6 x 100's Back 1:30
- 6 x 100's Breast 1:40
- 6 x 50 fly on 0:50
- 10 x 100 freestyle on 1:10
- 6 x 100 kick w/board on 1:45
- 6 x 100 IM on 1:30
- Competed in a sanctioned meet with an official time in every event offered.
- Swimmers must show a desire to swim at the national group level.
- Swimmers who do not achieve a sectional time before aging up will move to the silver group.
- **Swimmers who still qualify for age group state in their freshman year of high school can remain in the black group until after the meet. Once a swimmer is 15 or in high school, they will move up to either silver or national.**

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.



## SENIOR (Previously Silver)

**Entrance into group:** If joining the team, be 15 years old and/or in the high school and be able to swim 100 yards of every stroke (legally) unassisted without stopping and must be committed to attending a minimum of 5 practices a week.

**Group Dynamic:** This group is comprised of our top 15 – 18-year-old athletes. The group serves to prepare swimmers for JO's, Age Group State and Senior State. There is an emphasis placed on understanding goal setting and linking training performance to those goals. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each. Group is introduced to dryland workouts.

**Ages:** 15 – 18 years old

**Daily training:** 1.25 – 2 hours, 8x per week.

**Daily yards:** 5700-6300

**Equipment:** PSC swim cap, pair of fins, kick board, pull buoy, paddles, snorkel, and a water bottle all contained within a mesh bag. PSC t-shirts (Red, white, and grey).

### Move up requirements from Silver to Gold:

- Must be a freshman in High school
- Attend an Avg. of 6 practices a week
- **Must achieve 1 current Sectional or higher standard meet qualifying time.**
- Ability to do 7 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Ability to read the pace clock
- Attend dryland workouts
- Streamline off every wall
- 6 x 100's Back 1:30
- 6 x 100's Breast 1:40
- 6 x 50 fly on 0:50
- 10 x 100 freestyle on 1:10
- 6 x 100 kick w/board on 1:45
- 6 x 100 IM on 1:30
- Competed in a sanctioned meet with an official time in every event offered
- Swimmer must show a desire to swim at the gold group level

Note: Head Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.

## NATIONAL

**Entrance into group:** Unless your child has an extenuating circumstance, such as a family emergency or significant illness, they are required to be at 30 practices a month if they are committing to swim in the National Group. The core values of the group are commitment, effort, and goal setting. Swimming is a solitary form of competition, that is why the team is so important. Team members train, race and support one another. Having a group of like-minded athletes who are there consistently at practice, all with goals in mind promotes respect for one another and a sense of family which will help make the group stronger when they compete.

**Group Dynamic:** This group is comprised of our top 14 and older athletes. The group serves to prepare swimmers for JO's, Age Group State, Sectionals, Junior Nationals, Olympic Trials and above. There is an emphasis placed on understanding goal setting and linking training performance to those goals. Though stroke efficiency should be achieved from earlier training groups, there is still a great deal of individualized stroke instruction given to each athlete. Competing at the highest competitive level and swimming in college are the main goals for the group. Group regularly does dryland workouts.

**Ages:** 14 years and older

**Daily training:** 1.5 - 2 hours per practice, 9x per week.

**Daily yards:** 5000 - 7000

**Equipment:** PSC swim cap, regular swimsuit for practice, technical racing suit for swim meets, goggles, large paddles, pull buoy, fins (body boarding style = no heel), snorkel, kick board, ankle bungee and a water bottle, all contained within a mesh bag. PSC t-shirts (Red, white, and grey).

### Requirements and Expectations of the National Group:

- Must be a freshman in High school.
- **Must achieve 1 current 4 Corners Sectional or higher standard meet qualifying time.**
- Ability to do 7 dolphin kicks off every wall on Butterfly, Backstroke and Freestyle
- Legal breaststroke kick and underwater pull down
- Ability to read the pace clock
- Attend dryland workouts
- Streamline off every wall
- 6 x 100 kick w/board on 1:45
- 6 x 100's Back 1:30
- 6 x 100's Breast 1:40
- 6 x 50 fly on 0:50
- 10 x 100 freestyle on 1:10
- 6 x 100 IM on 1:30
- Competed in a sanctioned meet with an official time in every event offered.
- Swimmer must show a desire to swim at the gold group level.
- Swimmer will partake in "Swimmer Mentor Program"

Note: Head Group Coach reserves the right to move a swimmer according to what they believe is best for them. Move-ups will not happen within 30 days of a Championship, or the season's focus meet.