

Silver Graduation/Gold Entry Level Requirements

Performance/Competitive Requirements

- Must be able to swim the following repetitions, distances and strokes in the given intervals during the same practice:
 - ✓ 5x100 meter Free @ 1:35 (1:25 yards)
 - ✓ 5x100 meter I.M. @ 1:45 (1:35 yards)
 - ✓ a 500 yard Free best time of under 5:55
- Be able to swim a timed 30-minute swim, free, continuously with proper turns.
- Having consistently demonstrated all of the requirements below must compete in at least one of the following:
 - ✓ Alaska Swimming Senior Championship having qualified for that meet in three different strokes (i.e.-fly/back/breast/free/I.M.).
 - ✓ Alaska Swimming Junior Olympics having qualified for Alaska Swimming Senior Championship in three different strokes (i.e.-fly/back/breast/free/I.M.).
- If a swimmer is entering High School he/she may be exempt from the performance/competitive requirements above provided she/he can meet the requirements below.

Technical Requirements

- Strokes must consistently have the described characteristics performed as listed:
 - ✓ Free: High elbow recovery.
_ catch-up stroke.
Vertical body roll.
 - ✓ Breast: Start each arm stroke after the completion of the kick in the stroke prior.
Maintain high hips throughout stroke cycle.
Recover hands together at or near the surface of the water.
Bring feet together at the end of each kick.
 - ✓ Back: Vertical body roll.
Six (6) beat kick.
Enter hands little finger first directly above the shoulder without crossing over the centerline of the body.
 - ✓ Fly: Recover arms symmetrically with thumbs down until hand entry.
Initiate breath at the beginning of the press phase of the arm stroke.
Demonstrate rhythmic hip and shoulder undulation in proper time with breathing and arm pull.
Breath with head positioned near the water.

Educational/Practical/Spirit Skills Requirements

- Must be able to demonstrate ability to lead a lane in practice.
- Must demonstrate ability to listen to directions from coaches quietly and attentively without distracting teammates.
- At all times:
 - ✓ Demonstrate a positive attitude toward self and others.
 - ✓ Demonstrate good sportsmanship and team spirit.
 - ✓ Demonstrate enthusiastically in team cheers and meetings.
- Participate in putting in and taking out lane lines when necessary.
- Participate in putting away training equipment whether or not it was used by him/her.
- Demonstrates the willingness and the ability to demonstrate skills required in this, or any developmental stage below this, to peers or younger teammates.
- Always:

- ✓ Checks in with coach prior to and after races.
- ✓ Cools down after a race or at the end of a practice.
- ✓ Uses sound strategy in races.
- Knows the NLSC definitions of the following energy systems used in training.
 - ✓ **Recovery- Warm-up/Cool down**
 - ✓ **EN1- Endurance System 1: Aerobic Base Pace**
 80% of maximum effort
 6 second Heart Rate of 12-14 beats
 Interval rest periods of 5-10 seconds
 - ✓ **EN2- Endurance System 2: Aerobic Threshold Pace**
 About 85% of maximum effort
 6 second Heart Rate of 15-17 beats
 Interval rest periods of 10-20 seconds
 - ✓ **EN3- Endurance System 3: Anaerobic Threshold Pace/VO2Max (maximum volume of Oxygen uptake)**
 Near 90% of maximum effort
 6 second Heart Rate of 18 minimum
 Interval rest periods of 30 seconds to 1-second rest for every second of swimming
 - ✓ **SP1- Speed System 1: Lactic Acid Tolerance**
 Over 90% of maximum effort
 6 second Heart Rate of 18 minimum
 Interval rest periods of at least 1-second rest for every second of swimming
 - ✓ **SP2- Speed System 2: Maximum Lactic Acid Production**
 95-100% of maximum effort
 6 second Heart Rate of 18 minimum
 Interval rest periods of 3-5 seconds rest for every second of swimming
 - ✓ **SP3- Speed System 3: ATP/CP Training**
 Faster than race pace
 Sprints that average less than 10 seconds
 Interval rest periods of 5-8 seconds rest for every second of sprinting

Nutritional Requirements

- Must practice healthy eating and hydration habits including bringing a water bottle to every practice and meet.

Competitive/Exit Requirements

- Must participate in parent/coach/swimmer conference to discuss expectations and determine readiness for graduation.