

Alpha Aquatics Group Standards

Group	Primary Coach	Technical Requirements	Minimum Requirements	Minimum Meet Attendance Requirements	Weekly Attendance Requirements	Age Requirements	Context
Bronze	Sam (Samantha) Smith alphacoachsam@gmail.com 310-850-9410	Able to kick all strokes and do flip turns and racing starts 100 Free Time (SCY) - Under 2:00	6 x 50's @ 1:30 All sub 1:00	4 per year + must attend Committee Champs	3 to 6	6 to 9	I'm interested in competitive swimming and I do other sports as well.
Silver	Sam (Samantha) Smith alphacoachsam@gmail.com 310-850-9410	Able to swim all strokes and do flip turns and racing starts 100 Free Time (SCY) - Under 1:45	6 x 50's @ 1:20 All sub :52.5	4 per year + must attend championship meets (SAG, WAG, JAG and Com. Champs)	3 to 6	7 to 11	I'm interested in competitive swimming and I do other sports as well.
Gold	Sam (Samantha) Smith alphacoachsam@gmail.com 310-850-9410	At least two National B cuts 100 Free Time (SCY) - Under 1:30	6 x 50's @ 1:15 All sub :45	1 per month + must attend championship meets (SAG, WAG, JAG and Com. Champs)	4 to 6	8 to 12	I think swimming might become my primary sport by age 12.
Junior Varsity	Ron Trujillo ronberry100@gmail.com 925-383-9556	At least two National BB cuts 100 Free Time (SCY) - Under 1:20	6 x 100's @ 1:40	1 per month + must attend championship meets (SAG, WAG, JAG and Com. Champs)	4 to 6	11 to 14	I'm too fast or have aged out of Gold, but I'm not quite at the JO level. I'm targeting the JO or Senior Varsity Group
JO	Eben Krigger erkrigger@gmail.com 412-999-0314	At least two WAG, JAG or SAG cuts New cuts by 6 months after age-up 100 Free Time (SCY) - Under 1:15	6 x 100's @ 1:30	1 per month + must attend championship meets (SAG, WAG, JAG and Com. Champs)	5 to 6	8 to 12	I've chosen swimming as my primary sport and I want to pursue training and competition that can help me become an HP/HPP athlete.
Senior Varsity	Ron Trujillo ronberry100@gmail.com 925-383-9556	At least two Age 15-16 National 'BB' 100 Free Time (SCY) Under 1:05 (Girls)/ :58 (Boys)	6 x 100's @ 1:25 (Girls) @ 1:20 (Boys)	1 per month + must attend championship meets (SAG, WAG, JAG and Com. Champs)	4 to 6	13 to 18	I value the advantage year-round swimming provides me in preparation for high school swim/water polo season. I may be a late bloomer and want to see where swimming can take me.
HP Prep (HPP)	Tim Hamlet tim.hamlet@gmail.com 971-533-6647	At least two WAG, JAG or SAG cuts 100 Free Time (SCY) Under :59 (Girls)/ :53 (Boys)	6 x 100's @ 1:15 (Girls) @ 1:10 (Boys)	1 per month + must attend championship meets (SAG, WAG, JAG, Sectionals and Committee Champs)	6 to 7	13 to 18	I've chosen swimming as my primary sport. If I'm willing to put in the work, I have the potential to be in HP.
High Performance (HP)	Gabrielle Rose alphacoachgabby@gmail.com 310-998-7685	Min of three Sectional Cuts 100 Free Time (SCY) Under :56 (Girls)/ :49 (Boys)	6 x 100's @ 1:10 (Girls) @ 1:05 (Boys)	1 per month + attend championship meets	6 to 7	13 and Older	I've chosen swimming as my primary sport. I want to see my highest potential reached in the pool. I am interested in swimming in college.
	Scott Hubbard shubbard1972@gmail.com 213-220-5095						

Com. Champs = Pacific Committee Championships
SAG = Summer Age Group Championships
WAG = Winter Age Group Championships
JAG = June Age Group Championships

At our core, Alpha is a competitive swim team and we have set clear goals for the growth and development of our athletes to progress through the program. There could be a scenario where athletes age out of their current group but don't qualify for another. Although this is unfortunate, we must stress development as a core criteria to remain on the team.