

Perth Stingrays Aquatic Club

2025-2026 Standards and Progression Guidelines

Positive and ongoing athlete development and progression are shared goals of Stingrays swimmers, families and our dedicated coaching team. In an effort to set transparent and measurable objectives for our athletes and their families, our swim club has produced the following progression guidelines.

The quantitative criteria are **part of the overall assessment**, and will be evaluated in conjunction with coaching considerations including but not limited to:

- Swimmers age
- Attitude
- Trainability and Coachability
- Effort during practice
- Swimmers physical development
- Attendance
- Group cohesion
- Technique across all strokes and skills

The final assessment of the advancement criteria is the responsibility of the Stingrays coaching staff.

Group moves will happen twice per swim season to allow time for coaches to fully and adequately evaluate and train with athletes. Unofficial group moves or trial arrangements are prohibited for the safety and fairness of all swimmers. To be eligible for a group move, swimmers must meet all advancement criteria, **including demonstrating technique appropriate for that level.**

Group moves will occur as follows:

	Notification & Acceptance	Effective
Winter	December	January 1
Spring	March	April 1

** Coaches may also propose moves in the first weeks of the season to finalize groups.*

Families of swimmers who meet the advancement criteria will be notified by email throughout the month prior to the potential move and can choose to accept or decline the group move at that time. Coaches will be available for discussion to support these decisions.

Perth Stingrays Training Groups	In-Pool Advancement Criteria (criteria listed must be met to move into the corresponding group)
Copper	<ul style="list-style-type: none">• 25m Back• 25m Breast• 25m Fly kick• 50m Free kick• 50m Free with flip turn, <i>technically correct</i>• Dive from blocks• Commits to compete in a minimum of 3 swim meets during the swim season

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Perth Stingrays Training Groups	In-Pool Advancement Criteria (criteria listed must be met to move into the corresponding group)
Bronze	<ul style="list-style-type: none"> • 50m Back with turn and dolphin kick • 50m Breast with turn and pull outs • 100m IM, <i>technically correct</i> • 100m Free (< 2:10 min) • 200m Free kick • Ready for longer swim practices • Understands pace clock and lane swimming • Commits to compete in a minimum of 3 swim meets during the swim season
Silver	<ul style="list-style-type: none"> • 200m IM (< 4:00 mins), <i>technically correct</i> • 200m Free (< 3:45 mins) • 200m Back • 200m Breast • 400m Free • Able to follow pace times and share lanes with other swimmers • Able to swim 3000m plus workouts • Commits to compete in a minimum of 4 swim meets during the swim season
Gold	<ul style="list-style-type: none"> • 400m IM (< 7:30 mins) • 400m Free (< 6:00 mins) • Able to swim 4000m plus workouts • Able to follow a practice plan and pace times • Commits to compete in a minimum of 5 swim meets during the swim season
Platinum	<ul style="list-style-type: none"> • Physiologically prepared for weighted dryland training • Coachability, training capabilities, and solid effort in practice • Commits to compete in a minimum of 6 swim meets during the swim season
Diamond	<ul style="list-style-type: none"> • Able to train at 1:30 min/100m FR pace time • Coachability, training capabilities, and solid effort in practice • Commit to train 8 times per week • Commits to compete in a minimum of 6 swim meets during the swim season

Exceptions to these guidelines will be made only in extraordinary circumstances and only at the discretion of the coaching team.