

The Select group is a continuation of RHAC's introductory competitive program. Athletes in this group learn the fundamentals of stroke technique and gain familiarity with racing. Coaches prioritize making practice enjoyable while developing essential skills for future success in the sport.

Athletes in the Select group are expected to have a genuine interest in swimming and are encouraged to attend both morning and afternoon practices to prepare for the higher workload in later groups. They learn to actively monitor their stroke technique through self-coaching and feedback from coaches, and are expected to apply a greater effort to make positive changes.

Attendance, performance, and work ethic are crucial elements in this group, and athletes are expected to take responsibility for these factors and their correlation with their performance. The coaching staff teaches goal-setting skills and how to manage effort and intensity in practice, and athletes are encouraged to apply these skills regularly. Additionally, athletes are encouraged to participate in extracurricular activities as long as they do not interfere with swimming practices, unless approved by the coach.

The Select Group is dedicated to developing competitive swimmers. Practice is held five times a week, and dryland practice one time per week. Swimmers are strongly encouraged to attend all practices as skills and progressions build from one session to the next.

Specific Points of Performance Considered for Entry into Select

- Performances across all 4 strokes in the 100m distance Ex. 100 Fly, 100 BK, 100 BR, 100 FR
- Endurance Swim of 1000m FR
- Championship qualification Ex. Central Region C Championships