



# PASEO SWIMMING

THE PATH TO EXCELLENCE

## Move Ups

Date: Sept 7, 2023

### Introduction

In youth sports, it's completely normal for athletes to develop at different rates. Just like how each person grows and learns at their own pace, athletes experience physical, mental, emotional and skill development in their own unique ways. This diversity is what makes swimming so exciting and inclusive!

When it comes to moving to different training groups within the entire program, it's important to understand we consider the current rate of development of each athlete. We evaluate various aspects such as age, skill level, emotional intelligence, physical capabilities, understanding of the sport and overall performance to determine appropriate progression.

By taking individual development into account, we can ensure that athletes are challenged appropriately and given opportunities to grow and thrive appropriately. This approach helps create an inclusive and supportive environment where everyone can reach their full potential, regardless of their current stage of development.

Remember, the journey in sports is not linear and is not just about reaching higher levels, but also about enjoying the process, learning valuable life skills, and fostering a love for swimming. The PATH to excellence recognizes that each athlete will have their own unique path.

We thank you for your trust in our decision process.

## **Juniors 1, 2 and Discovery Program**

In the Juniors 1 and Discovery program where young athletes just learning the strokes can develop and progress rapidly in a few short months. Therefore, we use a very fluid move up system in the Discovery and Juniors 1 training groups. In these two groups the group coaches are given the flexibility to make decisions monthly with the approvals of the Associate Head Coach.

## **Juniors 2 into the Age Group Program**

To jump from the Juniors 2 program, into the Age Group program the athletes must display the following.

- Must meet the suggested age bracket of the training group.
- Must show solid historical attendance.
- Must show multiple competition results through the season.
- Must fall within the developmental performance standards of next group.

The Juniors 2 program is evaluated based on the Seasonal Move Up Consideration for Age Group Program below.

## **Seasonal Move Up Considerations for Age Group Program**

### **September Move Ups**

- Must meet the suggested age bracket of the training group by the first USA Sanctioned meet in October.
- Must show solid historical attendance.
- Must show multiple competition results through the season.

### **Winter Move Ups (after championship season)**

- Must meet the suggested age bracket of the training group within approximately 1 month.
- Must show solid historical attendance.
- Must show multiple competition results through the season.

### **Spring Move ups (after Championship Season)**

- Must meet the suggested age bracket of the training group within approximately 1 month.
- Must show solid historical attendance.
- Must show multiple competition results through the season.

## **Age Group Program**

Move ups in the Age Group program are based on the current suggested age bracket for the training group, historical attendance, a Rubric Scoring system as well as performance criteria based on the status of the entire Age Group Program. This is one of the many reasons why attending competitions is a requirement.

These are the three times Move ups occurs in the Age Group Program for Paseo Aquatics. Final decisions of move ups are determined by the Associate Head Coach, Head Coach, and Club President. Group coaches make their suggestions however every athlete is vetted by the Associate Head Coach and Head Coach and Club President.

Current group status such as group size and available lanes space for training play a role in the decision-making process. To move athletes in at times requires the ability to move athletes out. And such criteria above can create bottlenecks. Paseo Aquatics Staff spends a measurable amount of time weighing all these factors in when it comes to moving up.

## **Senior Program**

To get into the Senior Program the athlete must be a minimum of 13.5 years old and display all the following.

1. Solid historical attendance
2. Meet performance
  - a. Swim multiple events at a high level
  - b. Have a team mindset which includes relays at championship meets.
3. Must display a Champions mindset
4. Must add to the culture of the group
5. Be with 10% of a sectional cut
6. Pass the Rubric Scoring

All athletes will be vetted by the Associate Head Coach, Head Coach and Club President.



Paseo Aquatics 501 C3, Safe Sport recognized club, located in Santa Clarita Valley 661 388 5301

