

SSAN Group Move Up and Placement Policy

Team group descriptions and requirements may change year-to-year to allow for age groups to train together as the children improve and progress. The coaching staff will select the appropriate group for your child for returning swimmers based on the previous USA season performances, daily attendance & training habits. **Summer league times are not considered when placing swimmers into a group.** For new swimmers, group placement is determined during the try-out period or after an evaluation.

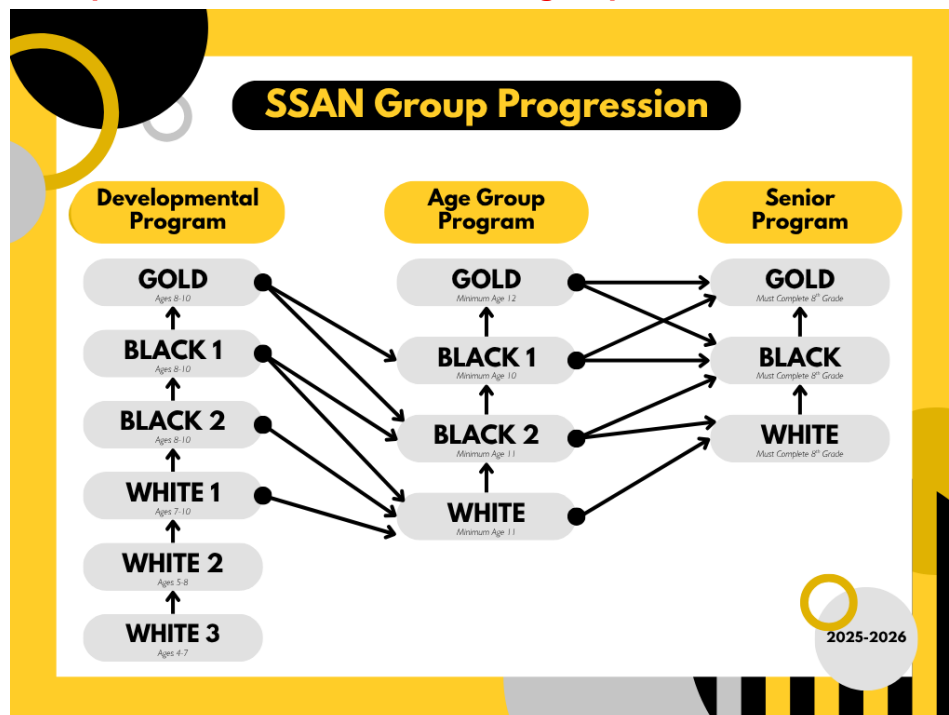
Move-ups/Group placement for each swim year*

- August-beginning of new season
- January-mid-season
- April-end of short course season

*Developmental White 1, 2, and 3 swimmers will move-up on a month-by-month basis as a swimmer progresses through learning all four strokes at coach's discretion

When a Lead Coach decides a swimmer is ready for the next level/group the Lead Coach will let the Head Coach know and the move up will occur. Most often a move up will not be considered unless a season has been fulfilled and requirements met.

The SSAN coaching staff will make group placement decisions based on practice and meet performances all year long, consistently meeting or exceeding the necessary skill sets at each level, and on what is best for the swimmer. **Achievement of next group level times does not guarantee automatic placement into the next level group.**



Developmental Program

Developmental White 3 (30 min)

- **Group Brief:** Year-round competitive entry level group
- **Age Range:** Elementary group, recommended ages 4-7 (at start of SCY season)
- **Entry to Developmental White 3:** Based on placement during evaluation
- **Practice Expectations:**
 - Must be capable of completing multiple laps of Freestyle and Backstroke without interruption (stopping on lane ropes, pushing off the bottom)
 - Must be capable of completing 25 Backstroke kick on the surface of the water in streamline position
 - **Practice etiquette** – should have good sportsmanship, be a good teammate, and good listening skills in a distracting environment
- **Group Focus:** Stroke instruction & technique to include building proficiency and further refinement of Freestyle & Backstroke, introduction to flip turns, basic swimming terminology, and good practice habits
- **Goal Meets:**
 - Meets are encouraged in SCY
 - At a minimum, swimmers are encouraged to attend all SSAN hosted meets
 - Coaches will review all meet entries and edit at will
- **Required Equipment:** Fins, kickboard, mesh bag, water bottle, SSAN cap and goggles
- **Progression to Developmental White 2:**
 - Must be legal in backstroke and freestyle with working knowledge of butterfly and breaststroke
 - Swimmers should consistently meet/exceed current Practice Expectations, Group Focus, and Goal Meets requirements listed above
 - Invitation to Developmental White 2 is ultimately up to that group's coach's invitation

Developmental White 2 (45 min)

- **Group Brief:** Year-round competitive entry level group
- **Age Range:** Elementary group, recommended ages 5-8 (at start of SCY season)
- **Entry to Developmental White 2:** Based on placement during evaluation
- **Practice Expectations:**
 - Must be legal in free and back with knowledge of breast and butterfly
 - **Practice etiquette** – should have good sportsmanship, be a good teammate, strong work ethic, and good listening skills
- **Group Focus:** Refinement of Freestyle and Backstroke, development of Butterfly and Breaststroke, introduction to building endurance, clock reading, understanding stroke mechanics, lane etiquette & safety, and racing starts/turns

2025-2026 SSAN GROUP DESCRIPTIONS

- **Goal Meets:**
 - Meets are encouraged in SCY
 - At a minimum, swimmers are encouraged to attend all SSAN hosted meets, and at least 1 Championship meets in SCY (December or February)
 - Coaches will review all meet entries and edit at will
- **Required Equipment:** Fins, kickboard, mesh bag, water bottle, SSAN cap and goggles
- **Progression to Developmental White 1:**
 - Must be legal in all four strokes, the individual medley, and racing turns
 - Swimmers should consistently meet/exceed current Practice Expectations, Group Focus, and Goal Meets requirements listed above
 - Invitation to Developmental White 1 is ultimately up to that group's coach's invitation

Developmental White 1 (1 hour)

- **Group Brief:** Year-round competitive intermediate level group
- **Age Range:** Elementary group, recommended ages 7-10 (at start of SCY season)
- **Entry to Developmental White 1:** Coach's invitation based on meeting current practice expectations & meet performance
- **Practice Expectations:**
 - Must be legal in all four strokes and the individual medley
 - **Strong technique** – must be able to listen stroke corrections given during practice and show steady improvement
 - **Practice etiquette** – should have good sportsmanship, be a good teammate, strong work ethic, and good listening skills
- **Group Focus:** Continued improvement of all four strokes, racing starts/turns/finishes, introduction to interval training, clock reading, basic endurance training concepts, and the role an athlete plays in their own success
- **Goal Meets:**
 - Meets are required in SCY
 - At a minimum, swimmers should attend all SSAN hosted meets, and at least 1 Championship meets in SCY (December or February)
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **Required Equipment:** Fins, kickboard, mesh bag, water bottle, SSAN cap and goggles
- **Progression to Developmental Black 2:**
 - Achievement of Developmental Black 2 time standards does not guarantee automatic progression to the next group
 - Swimmers should consistently meet/exceed current Practice Expectations, Group Focus, and Goal Meets requirements listed above
 - Invitation to Developmental Black 2 is ultimately up to that group's coach's invitation

2025-2026 SSAN GROUP DESCRIPTIONS

Developmental Black 2 (1 - 1.25 hours)

- **Group Brief:** Year-round competitive intermediate level group
- **Age Range:** Elementary group, recommended ages 8-10 (at start of SCY season)
- **Entry to Developmental Black 2:** Coach's invitation based on meeting current practice expectations, meet performance, and time standards
- **Recommended Time Standards:** (at start of SCY season)
 - Two 10 & Under 'B' USAS National Group Motivational Times
- **Practice Expectations:**
 - Must be able to swim a legal 50 in each stroke, 200 IM, 200 free in meets
 - **General practice endurance** – must be able to maintain practice endurance during basic training sets
 - **Strong technique** – must be able to respond and implement stroke corrections and show an ability to maintain those corrections throughout practice
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic, and good listening skills
- **Group Focus:** Continued improvement of all four strokes, racing starts/turns/finishes, interval training, clock reading, and introduction to race strategies and complex training sets
- **Goal Meets:**
 - Meets are required year-round in SCY
 - At a minimum, swimmers should attend all SSAN hosted meets, and at least 2 Championship meets in SCY/LCM (December, February, or July)
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMR/IMX:** Swimmers should have complete IMR score in SCY
- **Recommended Attendance:** Minimum of 60% to keep up with group demands
- **Required Equipment:** Fins, kickboard, mesh bag, small pull-buoy, junior snorkel, drag sox, water bottle, SSAN cap and goggles
- **Progression to Developmental Black 1:**
 - Achievement of Developmental Black 1 time standards does not guarantee automatic progression to the next group
 - Swimmers must consistently meet/exceed current Practice Expectations, Group Focus, Goal Meets, Recommended Attendance, and IMR/IMX requirements listed above
 - Invitation to Developmental Black 1 is ultimately up to that group's coach's invitation

2025-2026 SSAN GROUP DESCRIPTIONS

Developmental Black 1 (1.25 - 1.5 hours)

- **Group Brief:** Year-round competitive intermediate-to-advanced level group
 - **Age Range:** Elementary group, recommended ages 8-10 (at start of SCY season)
 - **Entry to Developmental Black 1:** Coach's invitation based on meeting current practice expectations, meet performance, and time standards
 - **Recommended Time Standards:** (at start of SCY season)
 - Three 10 & Under 'BB' USAS National Group Motivational Times
 - **Practice Expectations:**
 - Must be able to swim a legal 50 in each stroke, 200 IM, 200/500 free in meets
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to respond and implement stroke corrections and show an ability to maintain those corrections throughout practice
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic, developing leadership skills and interpersonal skills
 - **Group Focus:** Perfecting stroke technique through kicking and drills, introduction to race strategies, clock reading and interval training, completion of complex training sets, and introduction to endurance training/pacing
 - **Goal Meets:**
 - Meets are required year-round in both SCY and LCM
 - At a minimum, swimmers should attend all SSAN hosted meets and at least 2 Championship meets in SCY/LCM (December, February, or July)
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
 - **IMR/IMX:** Swimmers should have already completed IMR score and working towards IMX score completion in both short and long course
 - **Recommended Attendance:** Minimum of 65% to keep up with group demands
 - **Required Equipment:** Fins, kickboard, mesh bag, small pull-buoy, small paddles, junior snorkel, drag sox, water bottle, SSAN cap and goggles
 - **Progression to Developmental Gold:**
 - Achievement of Developmental Gold time standards does not guarantee automatic progression to the next group
 - Swimmers must consistently meet/exceed current Practice Expectations, Group Focus, Goal Meets, Recommended Attendance, and IMR/IMX requirements listed above
 - Invitation to Developmental Gold is ultimately up to that group's coach's invitation
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2025-2026 SSAN GROUP DESCRIPTIONS

Developmental Gold (1.5 - 1.75 hours)

- **Group Brief:** Year-round competitive advanced level group
- **Age Range:** Elementary group, recommended ages 8-10 (at start of SCY season)
- **Entry to Developmental Gold:** Coach's invitation based on meeting current practice expectations, meet performance, and time standards
- **Recommended Time Standards:** (at start of the SCY season)
 - 10 & Under GULF Champs times
- **Practice Expectations:**
 - Must be able to swim a legal 50 in each stroke, 200 IM, 200/500 free in meets
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to respond and implement stroke corrections and show an ability to maintain those corrections throughout practice
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic, strong leadership skills and interpersonal skills
- **Group Focus:** Stroke technique refinement through kicking and drills, developing race strategies, endurance training utilizing complex interval training sets and clock reading
- **Goal Meets:**
 - Meets are required year-round in both SCY and LCM
 - All SSAN hosted meets, SCY & LCM GULF Champs, SCY & LCM TAGS, and other appropriate Championship meets
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMR/IMX:** Complete IMR/IMX score in both short and long course
- **Recommended Attendance:** Minimum of 70% to keep up with group demands
- **Required Equipment:** Fins, kickboard, mesh bag, small pull-buoy, small paddles, junior snorkel, drag sox, water bottle, SSAN cap and goggles

Age Group Program

Age Group White (1.5 hours)

- **Group Brief:** Year-round competitive beginner to intermediate level group
- **Age Range:** Junior High School group, must be in 6th grade, ages 11-14 (at start of SCY season)
- **Entry to Age Group White 2:** Coach's invitation based on meeting current practice expectations & meet performance
- **Recommended Time Standards:**
 - Legal in all four strokes
- **Practice Expectations:**
 - Must be legal in all four strokes and able to complete a full practice
 - Must be able to swim a legal 50/100 in each stroke, 200 IM, 200/500 free in meets
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to listen stroke corrections given during practice and show steady improvement
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic, strong leadership skills and interpersonal skills
- **Group Focus:** Stroke technique refinement through kicking and drills, developing endurance, increased focus on repeat interval sets and race pace training.
- **Goal Meets:**
 - At a minimum, swimmers should attend all SSAN hosted meets and at least 1 Championship meet in SCY/LCM (December, February, or July)
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMR/IMX:** Complete IMR/IMX score in short course
- **Recommended Attendance:** Minimum of 50% to keep up with group demands
- **Required Equipment:** Fins, kickboard, mesh bag, pull-buoy, paddles, snorkel, tempo trainer, water bottle, SSAN cap and goggles
- **Off Campus PE:** Swimmers in this group are eligible for 5-hour Off-Campus PE with school & Coach permission
- **Progression to Age Group Black 2:**
 - Achievement of Age Group Black 2 time standards does not guarantee automatic progression to the next group
 - Swimmers must consistently meet/exceed current Practice Expectations, Group Focus, Goal Meets, Recommended Attendance, and IMR/IMX requirements listed above
 - Invitation to Age Group Black 2 is ultimately up to that group's coach's invitation

2025-2026 SSAN GROUP DESCRIPTIONS

Age Group Black 2 (1.5 hours)

- **Group Brief:** Year-round competitive intermediate level group
- **Age Range:** Junior High School group, ages 11-14 (at start of SCY season)
- **Entry to Age Group Black 2:** Coach's invitation based on meeting current practice expectations, meet performance, and time standards
- **Recommended Time Standards:** (at start of SCY season)
 - Two 11-12 year-old 'B' USAS National Group Motivational Times
- **Practice Expectations:**
 - Must be able to swim a legal 100 in each stroke, 200 IM/400 IM, 200/500 free in meets
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to respond and implement stroke corrections and show an ability to maintain those corrections throughout practice
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic, strong leadership skills and interpersonal skills. Respectfully listen, discuss, and ask questions while often welcoming and utilizing suggestions for improvement
- **Group Focus:** Stroke technique refinement through kicking and drills, developing endurance, increased focus on repeat interval sets, race pace training, and development of racing strategy for middle distance stroke & distance freestyle events
- **Goal Meets:**
 - At a minimum, swimmers should attend all SSAN hosted meets and at least 2 Championship meets in SCY/LCM (December, February, or July)
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMR/IMX:** Complete IMR/IMX score in both short and long course
- **Recommended Attendance:** Minimum of 60% to keep up with group demands
- **Required Equipment:** Fins, kickboard, mesh bag, pull-buoy, paddles, snorkel, tempo trainer, water bottle, SSAN cap and goggles
- **Off Campus PE:** Swimmers in this group are eligible for 5-hour Off-Campus PE with school & Coach permission
- **Progression to Age Group Black 1:**
 - Achievement of Age Group Black 1 time standards does not guarantee automatic progression to the next group
 - Swimmers must consistently meet/exceed current Practice Expectations, Group Focus, Goal Meets, Recommended Attendance, and IMR/IMX requirements listed above
 - Invitation to Age Group Black 1 is ultimately up to that group's coach's invitation

2025-2026 SSAN GROUP DESCRIPTIONS

Age Group Black 1 (1.75 - 2 hours)

- **Group Brief:** Year-round competitive intermediate to advanced level group
- **Age Range:** Junior High School group, ages 11-14 (at start of SCY season)
- **Entry to Age Group Black 1:** Coach's invitation based on meeting current practice expectations, meet performance, and time standards
- **Recommended Group Time Standards:** (at start of SCY season)
 - Two 11-12 year-old 'A' USAS National Group Motivational Times (must include distances of 100 or above)
- **Practice Expectations:**
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to respond and implement stroke corrections and show an ability to maintain those corrections throughout practice
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic, strong leadership skills and interpersonal skills. Respectfully listen, discuss, and ask questions while often welcoming and utilizing suggestions for improvement. Participate in all assigned sets and drills in practice at a satisfactory level. Know when to lead and when to follow in a lane along with making positive comments to themselves, coaches, and teammates.
- **Group Focus:** Perfecting stroke technique and increased endurance training. Refining race strategy, starts, turns, & finishes. High intensity & faster interval training sets, increased training distance, and introduction to doubles practices at the coach's recommendation
- **Goal Meets:**
 - Meets are required year-round in both SCY and LCM
 - At a minimum, swimmers should attend all SSAN hosted meets SCY & LCM Summer & Gulf Champs
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMX:** Swimmers will complete IMX score in both short and long course
- **Recommended Attendance:** Minimum of 70% to keep up with group demands
 - Attendance for both mornings and weekends are just as important as regular practices
- **Required Equipment:** Fins, kickboard, mesh bag, pull-buoy, paddles, snorkel, tempo trainer, water bottle, SSAN cap and goggles
- **Off Campus PE:** Swimmers in this group are eligible for 5-hour and 15-hour Off-Campus PE with school & Coach permission
- **Progression to Age Group Gold:**
 - Achievement of Age Group Gold time standards does not guarantee automatic progression to the next group

2025-2026 SSAN GROUP DESCRIPTIONS

- Swimmers must consistently meet/exceed current Practice Expectations, Group Focus, Goal Meets, Recommended Attendance, and IMX requirements listed above
- Invitation to Age Group Gold is ultimately up to that group's coach's invitation

Age Group Gold (2 hours)

- **Group Brief:** Year-round competitive intermediate to advanced level group
- **Age Range:** Junior High School group, ages 12-14 (at start of SCY season)
- **Entry to Age Group Gold:** Coach's invitation based on meeting current practice expectations, meet performance, and time standards
- **Recommended Group Time Standards:** (at start of SCY season)
 - Must meet one of the three options below and MUST include distances of 100 or above in stroke, freestyle, and IM
 - Four 'A' USAS National Age Group Motivational Times
 - Three GULF Champs Times
 - One GULF Champs Time and one TAGS cut
- **Practice Expectations:**
 - Excellence is the expectation. This is the highest group in the Age Group Program as it's standards reflect
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to maintain excellent stroke technique throughout practice
 - **Practice etiquette** – should have excellent practice performance, sportsmanship, be a good teammate, strong work ethic, strong leadership skills and interpersonal skills. Respectfully listen, discuss, and ask questions while often welcoming and utilizing suggestions for improvement. Participate in all assigned sets and drills in practice at an exceptional level. Know when to lead and when to follow in a lane along with making positive comments to themselves, coaches, and teammates.
- **Group Focus:** Perfecting stroke technique and increased endurance training. Refining race strategy, starts, turns, & finishes. High intensity & faster interval training sets, increased training distance, and doubles practices at the coach's recommendation
- **Goal Meets:**
 - Meets are required year-round in both SCY and LCM
 - All SSAN hosted meets, aim to score at SCY & LCM Summer & Gulf Age Group Champs, and qualify for SCY & LCM TAGS
 - Swimmers are training towards Zones/Sectionals as 13–14 year-olds in this group
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMX:** Swimmers will complete IMX score in both short and long course

2025-2026 SSAN GROUP DESCRIPTIONS

- **Recommended Attendance:** Minimum of 80% to keep up with group demands
 - Attendance for both mornings and weekends are just as important as regular practices
- **Required Equipment:** Fins, kickboard, mesh bag, pull-buoy, paddles, snorkel, tempo trainer, water bottle, SSAN cap and goggles
- **Off Campus PE:** Swimmers in this group are eligible for 5-hour and 15-hour Off-Campus PE with school & Coach permission

Senior Program

National White (1.5)

- **Group Brief:** Year-round competitive intermediate level group
- **Age Range:** High School group, must be complete 8th grade for consideration, ages 14 & Up (at start of SCY season)
- **Entry to National White:** Coach's invitation based on meeting current practice expectations & meet performance
- **Recommended Group Time Standards:** Legal in all four strokes
- **Practice Expectations:**
 - Must be legal in all four strokes and able to complete a full practice
 - Must be able to swim a legal 100 in each stroke, 200 IM, 200/500 free in meets
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to listen stroke corrections given during practice and show steady improvement
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic, strong leadership skills and interpersonal skills
- **Group Focus:** Perfecting stroke technique and developing endurance. Increased focus on repeat interval sets and race pace training. Development of racing strategy for middle distance and distance freestyle events. Helping to prepare for High School swimming and year-round competitions
- **Goal Meets:**
 - Swimmers should attend all SSAN hosted meets and at least 1 Championship meet in SCY/LCM (December, February, or July)
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMX:** Complete IMX score in short course
- **Recommended Attendance:** Minimum of 50% to keep up with group demands
- **Required Equipment:** Fins, kickboard, mesh bag, pull-buoy, paddles, snorkel, tempo trainer, water bottle, SSAN cap and goggles
- **Off Campus PE:** Swimmers in this group are eligible for 5-hour Off-Campus PE with school & Coach permission
- **Progression to National Black:**
 - Achievement of National Black time standards does not guarantee automatic progression to the next group
 - Swimmers must consistently meet/exceed current Practice Expectations, Group Focus, Goal Meets, Recommended Attendance, and IMR/IMX requirements listed above
 - Invitation to National Black is ultimately up to that group's coach's invitation

2025-2026 SSAN GROUP DESCRIPTIONS

National Black (2 - 2.25 hours)

- **Group Brief:** Year-round competitive advanced level group
- **Age Range:** High School group, must be complete 8th grade for consideration, ages 14 & Up (at start of SCY season)
- **Entry to National Black:** Coach's invitation based on meeting current practice expectations, meet performance, and time standards
- **Recommended Group Time Standards:** (at start of SCY season)
 - Two Southern Senior Zones
 - Two 13-14 GULF Champs Times
 - Two Southern Senior Sr. Champs Times
- **Practice Expectations:**
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to respond and implement stroke corrections and show an ability to maintain those corrections throughout practice
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic staying on task while working hard to help him/herself and others, strong leadership skills and interpersonal skills. Respectfully listen, discuss, and ask questions while often welcoming and utilizing suggestions for improvement. Participate in all assigned sets and drills in practice at a satisfactory level. Know when to lead and when to follow in a lane along with making positive comments to themselves, coaches, and teammates.
- **Group Focus:** Perfecting stroke technique and increased endurance training. Refining race strategy, starts, turns, & finishes. High intensity & faster interval training sets, increased training distance, and introduction to doubles practices at the coach's recommendation
- **Goal Meets:**
 - Meets are required year-round in both SCY and LCM
 - All SSAN hosted meets, Full meet participation in all Championships Meets (both SCY & LCM)
 - Gulf Age Group Champs, TAGS, Southern Senior, Sectionals, and Southern Zones
 - Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMX:** IMX score is mandatory in both short and long course
- **Recommended Attendance:** Minimum of 70% to keep up with group demands
 - Expected to attend double practices throughout the year and a challenging dry-land program
 - Members are expected to be at all team functions
- **Required Equipment:** Fins (both short and long), kickboard, mesh bag, pull-buoy, paddles, snorkel, tempo trainer, water bottle, SSAN cap and goggles

2025-2026 SSAN GROUP DESCRIPTIONS

- **Off Campus PE:** Swimmers in this group are eligible for 15-hour Off-Campus PE with school & Coach permission
- **Progression to National Gold:**
 - Achievement of National Gold time standards does not guarantee automatic progression to the next group
 - Swimmers must consistently meet/exceed current Practice Expectations, Group Focus, Goal Meets, Recommended Attendance, and IMX requirements listed above
 - Invitation to National Gold is ultimately up to that group's coach's invitation

National Gold (2 - 2.5 hours)

- **Group Brief:** Year-round competitive elite-level group
- **Age Range:** High School group, must be complete 8th grade for consideration, ages 14 & Up (at start of SCY season)
- **Entry to National Gold:** Coach's invitation based on exceeding current practice expectations, training ability, meet performance, and time standards
- **Recommended Group Time Standards:** (at start of SCY season)
 - Two cuts in the following:
 - Sectionals or 13-14 TAGS or NCSA Jrs
- **Practice Expectations:**
 - Excellence is the expectation. This is the highest group in the National Program as it's standards reflect. Swimmers must be intrinsically motivated to train at a high level and be able to train increased distances and intensity levels during workouts.
 - **General practice endurance** – must be able to maintain practice effort with consistency throughout the workout without sitting out, and keep up with group intervals and periodic test sets
 - **Strong technique** – must be able to maintain excellent stroke technique throughout practice
 - **Practice etiquette** – should have good practice performance, sportsmanship, be a good teammate, strong work ethic staying on task while working hard to help him/herself and others, strong leadership skills and interpersonal skills. Respectfully listen, discuss, and ask questions while often welcoming and utilizing suggestions for improvement. Participate in all assigned sets and drills in practice at a satisfactory level. Know when to lead and when to follow in a lane along with making positive comments to themselves, coaches, and teammates.
- **Group Focus:** Perfecting stroke technique and increased endurance training. Refining race strategy, starts, turns, & finishes. High intensity & faster interval training sets, increased training distance, and introduction to doubles practices at the coach's recommendation
- **Goal Meets:**
 - Meets are required year-round in both SCY and LCM

2025-2026 SSAN GROUP DESCRIPTIONS

- All SSAN hosted meets, Full meet participation in all Championships Meets (both SCY & LCM, Sectionals, and NCSA Juniors
- Winter Juniors, Summer Juniors, US Open, Senior Nationals, Olympic Trials
- Coaches will review all meet entries and edit at will to ensure swimmers compete in all events
- **IMX:** IMX score is mandatory in both short and long course
- **Recommended Attendance:** Minimum of 80% to keep up with group demands
 - Expected to attend double practices throughout the year and a challenging dry-land program
 - Members are expected to be at all team functions
- **Required Equipment:** Fins (both short and long), kickboard, mesh bag, pull-buoy, paddles, snorkel, tempo trainer, water bottle, SSAN cap and goggles
- **Off Campus PE:** Swimmers in this group are eligible for 15-hour Off-Campus PE with school & Coach permission

Homeschool Program

Homeschool: 10 and Under

- Year-round, competitive entry-level group
- **Goal Meets:** All **SSAN hosted meets and 1 championship meet**. Coaches will review all meet entries and edit at will
- **Group Focus:** refinement of Freestyle and Backstroke and further development of Butterfly and Breaststroke. Introduction to building endurance, clock reading, understanding stroke mechanics, and racing starts/turns with further refinement of lane etiquette and safety
- **Group Expectations:** Swimmers must be able to complete 50 Freestyle and 50 Backstroke without interruption multiple times. They must have a working knowledge of Butterfly and Breaststroke. The swimmer must demonstrate listening ability, motivation, and good sportsmanship
- **Required Equipment:** fins, kickboard, pull-buoy, snorkel, small paddles, mesh bag, and water bottle

Homeschool: 11 and Up

- Year-round, competitive intermediate level group
- **Goal Meets:** All **SSAN hosted meets & 1 championship meet**. Coaches will review all meet entries & edit at will to ensure swimmers compete in all events.
- **Group Focus:** Perfecting stroke technique through instruction, kicking, and drilling. Developing endurance through interval training. Introduction to race strategy.
- **IMX:** Swimmers should have a complete IMX score in the short course
- **Group Expectations:** Swimmers should have good participation at practice, have a good work ethic, interpersonal skills, demonstrate leadership qualities, along with being able to complete a legal 50 of each stroke, 200 IM, and 200 Free
- **Required Equipment:** Fins, kickboard, pull-buoy, paddles, snorkel, mesh bag, and water bottle