

Group Movements

The purpose of this document is to formalize some very generic group movements within our club. We want to keep it very broad but still give family members a general understanding of when their child might be ready to move up. New athletes are generally asked to start in a lower group unless they are at the top of their age group. Athletes that only have 1 season of experience may stay in the group they are in 1 additional season depending on athletes progress and maturity. Coaches reserved the ultimate right to decide where the athlete fits best in our program.

Novice to Novice Plus

Swimmers must be at least 7 years old and be able to perform the following skills

- Can perform side-breathing freestyle consistently, keeping the body near the surface during the breath, with the head in line with the body
- Can perform backstroke keeping the body horizontal and having the arms perform a continuous opposite arm stroking pattern
- Can perform the arm and leg movements in breaststroke (correct foot position in the kick is not required)
- Can produce the correct arm movements in butterfly

Novice Plus to Age Group

Swimmers must be 9 years old and obtain the following skills to move up (10 year olds will generally be suggested to move up but some do stay an additional season in Age Group especially if they are a new athlete)

Stroke skills

- Must have legal strokes in freestyle, backstroke, butterfly, and breaststroke (except for the kick)

Fitness skills

- Must be able to complete full-length Novice Plus practice

Practice expectations

- Is attentive and engaged in practice

Life skills

- Understands wristband challenge (knows own times and goal times)
- Understands progress in Mastery Matrix and works to complete skill levels presented in the Matrix

Age Group to Pre Senior - Swimmers moving from AG into Pre-Senior must be at least age 11 and have both the physical skills/strength along with the emotional/intellectual maturity to adapt to the more difficult workouts in Pre-Senior. For swimmers who are 11 or 12 the decision will be made by the Pre-Senior & Age-Group coaching staff as to which swimmers from Age-Group are ready for the move. It is always better to err on the side of not moving up than to move a swimmer before they are physically and/or emotionally

ready. Swimmers who are 13 will generally be moved into Pre-Senior but exceptions do happen where a 13 year old may do another season in Age Group.

The minimum skills to be considered for movement prior to age 12 or 13 would be as follows:

1. Must be able to accomplish 6x100 kick IM on 2:00
2. Must be able to accomplish 8x100 freestyle swim on 1:30
3. Must be able to accomplish 6x100 IM swim on 1:45
4. Minimum of 4 qualifying times for the State Championships in their most recent age-group

Pre Senior to Senior - It is always best to keep kids down in Pre Senior as long as possible. Kids will train and swim in the Senior program for 4 years (if a swimmer is moved in their 8th grade year 5yrs). Generally we don't move athletes back down a group once moved up but if a swimmer in their 8th grade year is not able to adapt and keep up, coaches reserve the right to move them to where they will be successful. It is felt by the coaches that kids as a general rule of thumb should stay down in the group below as long as possible until a kid outgrows a group. Kids that are in the fall of their freshman year will be moved into the Senior Group regardless of ability.

To move up in the fall of 8th grade year

1. Must be able to accomplish 10x100 @ 1:25 IM
2. Must be able to accomplish 10x100 @ 1:15 Free
3. Must have at least 3 Spring Female Sectional Cuts
4. Must be able to kick 10x100 @ 1:45
5. Swimming as the primary sport (no dual sports in the fall).
6. Need to be leading lanes and what is deemed the fastest lane at all times.
7. If it is felt that these standards are not being held when moved into Senior Group a swimmer may be moved back down.
8. All matters are a coach's discretion.

Freshman Year - All swimmers that are in their Freshman year will be considered a Senior group member regardless of skill or ability and will move up automatically.

General Considerations When Moving Kids Up For Any Group.

1. Have they outgrown their group?
2. If the swimmer has teammates of similar age moving with them. We want kids to have their friends with them and do not like leaving swimmers alone in either moving up or staying down.
3. As a general rule our staff has observed that kids that stay down an additional season generally do better longer term. Allowing kids mental time to mature with their physical abilities is important. While many of the kids may compete and look great that does not mean they have learned the fundamentals of training and doing skills and drills properly to be successful at the next level.

4. Attendance is a factor on how early your swimmer will move up. While we do allow and encourage kids and families to have the freedom to come and go and attend a workout as much or little as it fits with their families ability to attend, we as coaches when moving kids up to a new group do factor in attendance. If a swimmer is consistently late this will be factored in when your swimmer moves up. If your swimmers practice attendance is less then others when coaches have to decide who or how many kids can move from season to season this will be factored into the equation. A swimmer that has low attendance is likely not going to move up early.
5. Peer groups are key. Part of the system we like having is that we keep kids of similar ages together. Just because a 12 year old girl may be physically stronger and able to do some times that kids of 15 and 16 years of age can do does not mean it is beneficial to her long term development to be around those older kids that are discussing and working through other life experiences that she may not be ready for.
6. We trust that you trust us and that our combined years of experience have your swimmers best interest at heart. The success of your swimmer is the success of us as coaches and our greater program. That we work day to day to build and evaluate where swimmers are for their next step. That we want them to be successful and sometimes progressing up as fast as some parents would like is not always in the athletes long term best interests. We reserve the right to decide or adjust criteria for specific athletes depending on circumstances.
7. Lastly focus on what is best for your swimmer and teach your kids to focus on what they can effect in their own growth and development and not to keep tabs on who is doing what around them. What is good for one swimmer may not be the best for another.
8. Our ultimate goal is to develop the person through athletics. We take a lot of pride in our program hearing from our parents of past swimmers that their kids were more prepared for college and life then any of their non-swimming friends. That we really want as an organization the life long build up of our kids here at ACAC. We want a rich and inspiring environment that teaches strong moral character and values that builds them into confident compassionate people to be a light to the world that athletics can transfer into life and can shine together through one athlete and a program.