

# **COHO Swim Club**

## **Pre Senior Group Requirements & Expectations**

Updated April 2024

### **Learning Objectives**

1. To have fun in a safe environment-To learn to master the four competitive strokes, turns, starts, and finishes, as well as the Individual Medley and early distance events necessary for future development.
  2. Technique is offered daily during each practice season to a high degree.
3. Train athletes to be all they can be in or out of the water. Also, to be responsible for their actions in or out of the water, horseplay will not be allowed.
4. As coaches, we are responsible for the team's results in and out of the water. Athletes and parents choose to join the COHO Swim Club; therefore, they accept the responsibilities of their choices.

### **Coach's Questions to be answered before moving swimmers to a Pre Senior Group**

1. Is the swimmer there to learn?
2. Can the swimmer demonstrate basic level technique and knowledge of all four strokes, flip turns, entries, the Individual Medley?
3. Is the swimmer ready to commit to make 50% of all offered practices?

### **COHO Standards to be met before a swimmer can be in Pre Senior Group**

1. Swimmers must pass the COHO tryouts on the team unify page
2. They must have basic knowledge of all four strokes.
3. They must be willing to focus and learn.

### **Things to keep in mind**

\*Swimmers must show that they are able to demonstrate a strong DLO or (Desired Learning Objective). Goals and standards will be set. If a swimmer is truly willing to work hard, show up, and learn from their coaches they should be able to achieve a great outcome.

\*Pre Senior Group level athletes must be ready to accept and internalize the necessary discipline that creates a positive learning environment; respect of the coaches, fellow swimmers, officials, and fellow competitors is required at all times.

**\*\*Please note that swimmers trying out for the team will be given a grace period of one year to achieve all requirements to be in this group. After the year time frame has ended, if a swimmer hasn't met all the requirements, a meeting will be set with the family, Group Coach and Head Age Group Coach or Head Coach to determine if an extension in time will be granted or a move down in practice group. Swimmers moving internally may be given a grace period not to extend longer than 1 year if recommended by their current group coach.**

