

COHO Swim Club

Senior Gold Group Requirements & Expectations

Updated May 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 session to some degree. We will also be pushing a mix of yardage, drills, technique, and will have a heavy focus on proper dryland and weight training, plus nutrition and mindset.
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. The Senior Gold swimmers are the marquee representatives of our club and must always show respect and have pride.
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 deciding to move a swimmer up from a Senior Silver Group to the Senior Gold Group

1. Is he/she ready to work harder?
2. Are you ready to completely commit to this sport, your personal growth, and your team?
3. Are you ready to make dryland, nutrition, and mindset a priority?
4. Is he/she ready to commit make 85% of all offered practices and 80% of all meets offered and all post season qualified meets within coach approved taper plan?

COHO Standards to be met before a swimmer can be evaluated to move up from a Red Group to the Senior Gold Group

1. All requirements listed for swimmers in a Silver Group.
2. Swimmers must have all 6 of the following times in the USA Swimming Database: 200FR, 200BK, 200BR, 200FL, 200IM, 400IM in yards or meters.
3. Swimmers must be able to complete a test set of 20x100's Freestyle on a 1:20 Interval in a yard's pool without missing an interval. Plus be able to complete a 500 yard kick for time in 9:00 or less.
4. Attendance at the Senior Gold level must average at least 85%.
5. Swimmers must have attended at least 70% of the offered meets from the most recent season. High School Season is exempt.

Purpose of having a 200M/200Y Butterfly and 400M/Y Individual Medley

Swimmers in the Senior Gold Group must be able to fully understand the sport of swimming as a practice swimmer and a meet competitor. The Senior Gold Group average a yardage minimum of around 5500/6500 yards per day, and because of this should have no issue with the requirements of the group. The distance events, though a swimmer may not always enjoy them are essential for the growth and development of their swimming skills. Each stroke works to help strengthen the others. Each stroke also helps to build a different set of muscles.

Things to keep in mind

- *Swimmers must show that they are able to demonstrate a strong DLO or (Desired Learning Objective). Goals will be set, and if all goes well they will also be met if a child is truly willing to work hard and learn from their coaches.
- *Senior Gold Group level athletes must 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.
- *Swimmers must at all times show that they are mature enough to handle Senior Gold Group practice or they will be removed from practice at the coach's discretion.

****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.**

