STAR Athlete Progression Descriptions

- **Rising STARS (No USA Swimming Registration)**

    4-7 years old

    Attends 1-2 Practices per week

    Is self sufficient in the water and has some swimming ability

    Is comfortable working in a group setting and able to follow basic instructions

- **Super Novas (USA Swimming Registration Optional)**

    5-10 years old

    Commits to 1-3 Practices per week

    May choose to swim STAR hosted or suitable local swim meets

    Can swim 25 yards of back and free

- **Solar Flares (USA Swimming Registration Recommended)**

    7-10 years old

    Commits to 2-4 Practices per week

    Competes in STAR hosted and local swim meets and season end championship meet

    Can swim a legal 50 of all 4 strokes

- **SwimFit (USA Swimming Registration Optional)**

    11 Years & Older

    Commits to 2-4 Practices per week

    May compete in STAR hosted and local swim meets

    Can swim Freestyle and Backstroke and has a basic understanding of

    Breaststroke and Butterfly

    Focuses on Stroke Improvement and Conditioning

- **Junior 1 (USA Swimming Registration Recommended)**

    11-13 years old

    Commits to 2-4 Practices per week & may sign up for Parisi Strength Training

    Competes in STAR hosted meets and end of season championship meet

    Knowledge of all strokes but still may need development in some areas.

- **Junior 2 (USA Swimming Registration Required)**

    11-13 years old

    Commits to 4-6 Practices per week & attends Parisi Strength Training

    Competes in STAR hosted and travel meets and season end championship meet

    Can swim a legal 200 IM and is proficient in all 4 strokes

- **Senior 1 (USA Swimming Registration Recommended)**

    13-19 years old

    Commits to 2-4 practices per week & may sign up for Parisi Strength Training

    Option to compete in local meets and season end championship meet

    Can swim a legal 200IM and is proficient in all 4 strokes

- **Senior 2 (USA Swimming Registration Required)**

    13-19 years old

    Commits to 6+ practices per week & attends Parisi Strength Training

    Competes in meets as scheduled by coach and season end championship meet

    Can swim a legal 400 IM, is proficient in all 4 strokes and can complete interval based training sets