

Aquastorm Swim Groups

Swim Team Levels – Developmental 1, 2, 3 – Age Group 1, 2 – Senior – National

Developmental 1

<p><u>Requirements</u> Swim 25 Yard Free and 25 yard backstroke w/o assistance. Jump into water w/o assistance.</p>	<p><u>Promotion Expectation</u> Legal 25 freestyle and backstroke. Flip turn on freestyle. Streamline every wall. Proper breathing. Be able to jump off the starting block.</p>	<p><u>Character Development</u> Respectful of parents, swimmers, and coaches. Respectful of pool and equipment.</p>
<p><u>Social Skills</u> Good listening skills. Understand lane etiquette, circle swim, 5 seconds apart, pace clock intro.</p>	<p><u>Nutrition</u> Parents are expected to offer good food choices.</p>	<p><u>Time Management</u> Practices 2 times/week. Parents will make sure swimmers are on time for practices and meets. Must compete in one home meet and learn one cheer.</p>

Developmental 2

<p><u>Requirements</u> Legal freestyle and backstroke (starts, turns, finishes). Legal dolphin kick and breaststroke kick. Flip turn on freestyle. Streamline every wall. Proper breathing.</p>	<p><u>Promotion Expectation</u> Be able to complete 50 free, 50 back (flip turn), 25 fly, 25 breast. Streamline every wall. 2 dolphin kicks off walls. Diving start off the starting block.</p>	<p><u>Character Development</u> Respectful of parents, swimmers, and coaches. Respectful of pool and equipment.</p>
<p><u>Social Skills</u> Good listening skills. Understands lane etiquette, circle swimming, 5 and 10 seconds apart, leaving on top and bottom of clock.</p>	<p><u>Nutrition</u> Parents are expected to offer good food choices.</p>	<p><u>Time Management</u> Practices 2 times/week. Parents will make sure athletes are on time for practices and meets. Must compete in one home meet and learn 2 team cheers.</p>

Developmental 3

<p><u>Requirements</u> 50 freestyle, 50 backstroke, 25 butterfly, 25 breaststroke. Legal flip turns on back and free and legal open turns on breast and fly. Streamline every wall. 2 Dolphin kicks off wall. Breathe properly.</p>	<p><u>Promotion Expectation</u> 50 of all strokes with legal turns and underwaters. Be able to do 100 IM legally. Understands beginner interval training. Continues streamline and proper technique.</p>	<p><u>Character Development</u> Respectful of parents, swimmers, and coaches. Respectful of pool and equipment.</p>
<p><u>Social Skills</u> Great listening skills and open to new ideas. Understands lane etiquette proficiently. Understands beginner intervals and pace clock.</p>	<p><u>Nutrition</u> Parents are expected to offer good food choices.</p>	<p><u>Time Management</u> Practices 2 times/week. Parents will make sure swimmer is on time for practices and meets. Wears team gear to school when available. Competes in one home meet per season. Learns 3 cheers.</p>

Age Group 1

<p><u>Requirements</u> Legal 4 strokes at 50 yard length (free and backstroke flip turns, open turns, starts). Does underwaters and streamlines every wall. Able to complete 100 IM legally. Understands interval training.</p>	<p><u>Promotion Expectation</u> Swim 3x200 IM legally. Perform 6x100 Free @ 2:15, 6x100 Kick @ 2:45. Develop consistent practice attendance. Develop stroke and IM efficiency. Perform all turns and push-offs efficiently.</p>	<p><u>Character Development</u> Respectful of parents, swimmers and coaches. Congratulates teammates. Respectful of pool and equipment.</p>
<p><u>Social Skills</u> Great listening skills. Respectful of other swimmers. No splashing or touching of other athletes. Controls emotions at practice and swim meets.</p>	<p><u>Nutrition</u> Parents are expected to offer good food choices</p>	<p><u>Time Management</u> Practice 3-4 times/week. Wears club gear to school at least once a week. Competes in one home meet and one away meet. Learns multiple cheers.</p>

Age Group 2

<p><u>Requirements</u> 3x200 IM legally. 6x100 free @ 2:15, 6x100 kick @ 2:45. Finding a proper dryland training such as Sanford Power. 4+ State Qualifying times</p>	<p><u>Promotion</u> Swim 1x400 IM legally. Compete in all events. Swim 8x100 free @ 1:45. Kick 8x100 flutter @ 2:25 Swim 8x100 IM @ 2:00. Practice attendance 90%. Goal setting, leadership building a must.</p>	<p><u>Character Development</u> Respectful of parents, swimmers and coaches. Congratulates teammates. Respectful of pool and equipment. Open to ideas and understands practice to meet relations.</p>
<p><u>Social Skills</u> Great listening skills – do not speak over coaches or other athletes. Respectful of other swimmers. Meeting swimmers from other teams. Wears club gear to school at least once a week. Competes in home meets and 2 away meets. Learns multiple cheers.</p>	<p><u>Nutrition</u> Brings water bottle to practice. Understands what a healthy snack is. Parents are expected to give good food choices.</p>	<p><u>Time/Stress Management</u> Practice 4 times/week. Informs coach of practice absence and reason. Understands the importance of rest and balancing family, friends, school, and swimming.</p>

Senior

<p><u>Requirements</u> Swim 8x100 free @ 1:45. Kick 8x100 flutter @ 2:25 Swim 8x100 IM at 2:00. Have 5+ State Qualifying times. Willing to swim all events. Dryland 2-3 times/week. Accurately counts practice distances and sets.</p>	<p><u>Promotion Expectation</u> Swim 10x100 Free @ 1:15 Kick 10x100 Flutter @ 1:50 Swim 10x100 IM @ 1:35 Competed in all available events. 1 zones, sectional, jr. Nats, or Nats cut time. Leadership/Active with club fundraising and activities.</p>	<p><u>Character Development</u> Respectful of parents, swimmers and coaches. Congratulates teammates. Respectful of pool and equipment. Demonstrates proper meet and practice behavior. Leads cheers. Attends home and away mee</p>
<p><u>Social Skills</u> Not influence by negative behavior. Takes responsibility for attendance, habits in practice and how they relate to performance. Respectful of other swimmers and meets swimmers from teams. Wears club gear once a week.</p>	<p><u>Nutrition</u> Brings water bottle every day. Eats healthy snacks. Parents are expected to give good food choices. Demonstrates eating a balanced diet.</p>	<p><u>Time/Stress Management</u> Practice 5 times/week. Understands rest. Prioritize school work, family time, social activities including swimming. Controls emotions. Understands meet performance. Positive outcomes.</p>

National Group

<p><u>Requirements</u> Swim 10x100 Free @ 1:15 Kick 10x100 flutter @ 1:50 Swim 10x100 IM @ 1:35 1 Zones, Sectional, Jr. Nats, Nats cut time. Dryland 3 times per week.</p>	<p><u>Goals</u> Make Junior or National Team. Get college scholarship. Stay a straight A student. Ambassador of the team. All-American status. Help coaching with younger group.</p>	<p><u>Character Development</u> Understands the importance of TEAM. Congratulates teammates regularly. Motivates and leads by example.</p>
<p><u>Social Skills</u> Meeting swimmers from other teams - be on time to practice. Wears club gear to school. Competes in home and away meets. Leads cheers. Actions show dedication to the team and team values. Attends the highest level the club attends.</p>	<p><u>Nutrition</u> Bring water bottle to practice. Eats healthy snacks. Parents are expected to give a good food choice. Has a healthy balanced diet.</p>	<p><u>Time/Stress Management</u> Practice 8 times/week. Prioritize school work, family time, social activities including swimming. Shows strength of positive thinking. Practices visualization.</p>