



CAQ Group Change Criteria

In the below descriptions, please find the general framework that the CAQ Coaching Staff utilizes while evaluating our Athletes for Group Changes. Please remember, *these criteria are treated as a starting point, and not a guarantee*; our Coaching Staff also takes into account the Availability in Practice Groups, Athlete Coachability and Readiness, Maturity, working within Peer Groups, and Athlete skill sets. Group Changes are at the discretion of the Coaching Staff first, and foremost.

Group Changes are conducted at the Start of the Short Course or Long Course Seasons only. This is to allow our Athletes to enter their new Group at a time where they are best set up for success, as that new group is beginning the Season and everyone is starting on the same page.

When Evaluating for a Group Change, the CAQ Coaching Staff will follow the below Criteria for Placement (as well as Group Expectations).

Senior and Age Group Divisions:

Practice Group	Performance Criteria	Training Criteria	Minimum Attendance	Minimum Age
Senior Elite*	3 Senior Zones Cuts	10x100 FR on 1:20Y/1:30M, 10x50 Kick on :50Y/1:00M	85%	13
Senior Regional	3 State Cuts	8x100 FR on 1:30Y/1:40M, 8x50 Kick on 1:00Y/1:10M	75%	12
Senior State	Working towards achieving State Cuts	n/a	60%	12
Age Group Regional	3 State Cuts	8x75 FR on 1:30Y/1:35M, 6x50 Kick on 1:20Y/1:30M	60%	9
Age Group Championship	3 out of 4 Legal Strokes (close on 4th), 1 B Time	able to follow intervals, consistent effort in practices, starting to work underwaters	n/a	8



*Senior Elite placements will only take place in the Fall, to allow for the best transition into the group and its expectations.

***Developmental Divisions:**

Practice Group	Minimum Age	Maximum Age	Stroke Legality
Bronze	5	8	FR and BK
Silver	8	10	FR, BK, beginnings of FL and BR
Gold	10	12	FR, BK, beginnings of FL and BR

*In the Developmental Program, our groups are centered around Physical and Emotional Maturity, the Foundations of Physical Literacy and Stroke Development, and Maintaining Balance for our Athletes. This means we do not have firm performance/training/attendance criteria for participation in, or moves between these groups.