

Competitive Prep - for swimmers of ages 7-12 preparing to compete for the first time or working toward their first NM State qualifications

Bronze (Ages 7-9)

- Entry point for swimmers within the given age range given successful tryouts & coach evaluation.
- Swimmer must have completed at least SwimAmerica level 7, or have equivalent proficiency to join this group.
- Required participation in at least one Block Party (mini-meet) per season; participation in other meets dependent on approval of coach.

Silver (Ages 8-10)

- Entry point for swimmers within the given age range given successful tryouts & coach evaluation.
- Swimmer must have completed at least SwimAmerica level 7, or have equivalent proficiency to join this group.
- Block Party (mini-meet) participation required (1-2 per season); participation in other meets dependent on approval of coach.

Gold (Ages 9-12)

- Entry point for swimmers within the given age range given successful tryouts & coach evaluation.
- Swimmer must have completed at least SwimAmerica level 8-9, or have equivalent proficiency to join this group.
- Block Party participation required (2-3 per season); local meet participation required; travel meets by approval of coach.

Age Group Program - this is CAQ's first level with competitive focus where athletes continue to develop skills while learning to train and focus.

Little Bolts (Ages 9-11)

- Entry to the team at this level is dependent on athlete ability, as well as input from the group's coaching staff, not a go-to entry point for most athletes joining the team.
- Swimmer needs skill well past Swim America Level 8 standards and a capacity to train with higher intensity than competitive prep program.
- State times achieved and working towards IMX & IMR.
- Attendance at 3-4 (60-75%) practices a week is mandatory, with 3-4 meets attended each season, one of which should be a championship meet.

Bolts (Ages 11-12)

- Entry to the team at this level is dependent on athlete ability, as well as input from the group's coaching staff, not a go-to entry point for most athletes joining the team.
- Swimmer needs to be preparing for Junior groups and serious about training and intensity.
- State Times achieved, and working towards SWAGR times and IMX/IMR.
- Attendance at 4-5 (65-75%) practices a week is mandatory.
- 4-5 meets attended each season, one of which must be an appropriate level championship meet.

Junior Program - this is a transitional level between the age group program and the senior program where age, skill, performance and willingness to train and compete are blended to place athletes in appropriately challenging and supportive groups.

Lightning Prep (Ages 12-14)

- Entry point for athletes with level 7 SwimAmerica skills within the given age range, given successful tryout and coach evaluation.
- Participation in at least 2-3 block parties(mini-meets) and/or swim meets required per season.
- Meet participation by approval of coach
- Attendance at 2-3 practices required.

Lightning (Ages 11.5-14)

- Entry to the team at this level is dependent on athlete ability, as well as input from the group's coaching staff, not a go-to entry point for most athletes joining the team.
- Swimmer needs to be preparing for SR groups, serious about training and intensity.
- 3 State Times achieved, and working towards SWAGR times and IMX/IMR.
- Attendance at 4-5 (65-75%) practices a week is required.
- 5 meets attended each season, one of which must be an appropriate level championship meet.
- 75% practice attendance required.

Lightning Regional (Girls: 11.5-15, Boys: 12.5-15)

- Athletes from Lightning with higher capacity to train may be selected to be in this group.
- Members of this group attend Lightning practices, as well as 2 Senior Regional practices weekly.
- 1x SWAGR cut required for consideration.
- 5 meets attended each season, one of which must be an appropriate level championship meet.
- 75% practice attendance required.

Senior Program: CAQ senior swimming provides a place for all 14-18+ athletes of all competitive abilities with swimmers placed in age and developmentally appropriate levels.

High School Prep (Ages 14-18)

- Entry point for team with Level 8 SwimAmerica skills within the given age range, for athletes looking to excel during the High-School swim season.
- Athletes required to attend 2 regular meets per season and at least one championship meet per year. Attendance at regular meets can be substituted/supplemented with Block Parties.
- Attendance at least 2-3 practices per week
- **NO** practice time during High-School season. Athletes will practice with HS team.

Speed & Power (Ages 14+)

- Entry point to the team for athletes with NMS State Cuts or CAQ Advancement for athletes from the Senior Regional or Junior programs. Coaching staff evaluation necessary for consideration.
- Athletes focus on HS competition and practice during HS season
- Athletes required to attend 4 regular meets/season and both spring and summer championship meets.
- Attendance at least 3 times per week swim, one weight session per week. Will have reduced practice time during HS season

Senior Regional (Ages 12.5-15)

- Entry point for new members with appropriate recent performance levels in practice and competition. Evaluation by coaching staff is the final word on entry at this level. CAQ Internal Advancement from AG and/or Junior program
- 3x SWAGR, 1x Senior Zones or 5x 13-14 NMS State required for consideration.
- 80% practice attendance required.
- Required to attend 80% of scheduled meets including out-of-town travel meets.

Senior Elite (Girls: 13+, Boys: 14+)

Minimum Entry Requirements**

Girl - 14 & Under - 3x Sectional

Girl - 15 & Over - 3x Senior Zones

Boy 15 & Under - 7x Senior Zone, 2x Sectional

Boy 16 & Over - 3x Senior Zones **High-School Senior: 1x Senior Zones

**At least one cut time must be for a race of 100Y/M or longer

- Entry point for new members with appropriate recent performance levels in practice and competition. Meeting minimum requirements does not guarantee entry, evaluation and approval from coaching staff is the final word on entry at this level. This is a "space available" group and the staff will not overfill this group.
- 85% attendance required; reduced extracurricular commitments beyond CAQ; planned absences approved in advance.
- Required to attend 80% of scheduled meets including out-of-town travel & 100% of NM State champs.
- Senior Elite members MUST travel to competition as selected by the Head Coach. Attend ALL local meets selected by the coach including NM State champs.