

2025-2026 Rose Bowl Aquatics Group Descriptions

Senior Division (National, Senior 3, Senior 2, Senior 1 Groups)

National

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 6-7 practices per week, morning practices and drylands.
- Multiple dryland and weights sessions per week.
- For swimmers in high school.
- Have achieved a Futures qualifying time.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Understands and respects the importance of communication between the athlete and coaches.
- Demonstrates proficiency and consistency in practice skills such as tight streamlines, able to complete 25s underwater with no breath, 3-7 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Senior 3

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 6-7 practices per week, morning practices and drylands.
- For swimmers in high school.
- Have achieved 2 Sectional qualifying times.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Understands and respects the importance of communication between the athlete and coaches.
- Demonstrates proficiency and consistency in practice skills such as tight streamlines, able to complete 25s underwater with no breath, at least 3 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.

- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Senior 2

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 5-6 practices per week, morning practices and drylands.
- Multiple dryland and weights sessions per week.
- For swimmers in high school.
- Have achieved a Summer Age Group Championship qualifying time.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Understands and respects the importance of communication between the athlete and coaches.
- Demonstrates proficiency and consistency in practice skills such as tight streamlines, able to complete 25s underwater with no breath, at least 2-3 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

Senior 1

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 4-5 practices per week and drylands.
- Multiple dryland and weights sessions per week.
- For swimmers in high school.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Understands and respects the importance of communication between the athlete and coaches.
- Able to complete the following baseline introductory sets: 8x50 Swim @1:00, 8x50 Kick @1:15.
- Demonstrates proficiency and consistency in practice skills such as tight streamlines, at least 2 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

13-14 Division (Gold, Silver, Bronze, Red Groups)

13-14 Gold

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 5-6 practices per week, morning practices and drylands.
- Multiple dryland sessions per week, with introduction to weights.
- For swimmers 13-14 years old.
- Have achieved a Spring Age Group Championships qualifying time.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following sets: 10x100 free @1:20; 5x200IM @3:00; & 10x100 Kick @1:45.
- Shows leadership skills in and out of the pool, great attitude with teammates and coaches, and elite level work ethic.
- Understands and respects the importance of communication between the athlete and coaches.
- Demonstrates proficiency and consistency in practice skills such as tight streamlines, able to complete 25s underwater with no breath, at least 3 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

13-14 Silver

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 5-6 practices per week, morning practices and drylands.
- Multiple dryland sessions per week, with potential introduction to weights.
- For swimmers 13-14 years old.
- Have achieved at least one 13-14 Summer Age Group Championships qualifying time or 3 BB qualifying times.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following sets: 10x100 free on 1:30; 3x200IM on 3:10; & 10x100 Kick @1:55.
- Shows leadership skills in and out of the pool, great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.

- Demonstrates proficiency and consistency in practice skills such as tight streamlines, at least 2-3 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

13-14 Bronze

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 4-5 practices per week and drylands.
- Multiple dryland sessions per week.
- For swimmers 13-14 years old.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following introductory baseline sets: 8x50 Swim @1:00, 8x50 Kick @1:15.
- Able to complete the following sets: 5x100 Free @1:50; 3x100 IM @2:25; & 3x100 Flutter Kick @2:25.
- Able to legally complete all four strokes, pass dive progression and have legal turns per stroke.
- Shows leadership skills in and out of the pool, great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency in practice skills such as tight streamlines, at least 2 dolphin kicks off walls for fly/back, and able to maintain efficient and proficient breathing for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

13&O Red

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 3-4 practices per week.
- Completes WUTS before each swim practice.
- For swimmers 13 years old and older.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following introductory baseline sets: 8x50 Swim @1:00, 8x50 Kick @1:15.
- Able to complete the following sets: 4x100 Free @1:50; 3x100 IM @2:25; & 3x100 Flutter Kick @2:25.

- Able to legally complete all four strokes, pass dive progression and have legal turns per stroke.
- Shows leadership skills in and out of the pool, great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency in practice skills such as tight streamlines, at least 2 dolphin kicks off walls for fly/back, and able to maintain efficient and proficient breathing for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

11-12 Division (Gold, Silver, Bronze, Red Groups)

11-12 Gold

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 5-6 practices per week and drylands.
- Multiple dryland sessions per week.
- For swimmers 11-12 years old.
- Have achieved a Spring Age Group Championships qualifying time or a Summer Age Group Elite Championships qualifying time.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following sets: 8x100 Free @1:25; 5x100IM @1:30; & 5x100 Kick @2:00
- Shows leadership skills in and out of the pool, great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency and consistency in practice skills such as tight streamlines, able to complete 25s underwater with no breath, at least 2-3 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

11-12 Silver

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 4-5 practices per week and drylands.
- Multiple dryland sessions per week, with introduction to weights.
- For swimmers 11-12 years old.

- Have achieved a Pacific Committee Championships qualifying time, a Summer Age Group Championships qualifying time, and/or 3 BB qualifying times.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following sets: 8x100 Free @1:40; 5x100IM @1:55; & 5x100 Kick @2:10.
- Great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency and consistency in practice skills such as tight streamlines, able to complete 25s underwater with no breath, at least 1-2 dolphin kick off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

11-12 Bronze

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 3-4 practices per week and drylands
- Introduction to multiple dryland sessions per week as part of weekly practice structure.
- For swimmers 11-12 years old.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following introductory baseline sets: 8x50 Swim @1:00, 8x50 Kick @1:20.
- Able to complete the following sets: 5x100 Free @1:55; 3x100 IM @2:30; & 3x100 Flutter Kick @2:30.
- Able to legally complete all four strokes, pass dive progression and have legal turns per stroke.
- Great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency in practice skills such as tight streamlines, at least 1 dolphin kick off walls for fly/back/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

11-12 Red

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 3-4 practices per week.
- Introduction to WUTS before each swim practice as part of weekly structure.
- For swimmers 11-12 years old.

- Committed to attending 2-3 meets and Championship meets for the season set by the Head Coach and lead group coach.
- Able to complete the following introductory baseline sets: 8x50 Swim @1:00, 8x50 Kick @1:25.
- Able to complete the following sets: 4x100 Free @2:00, 3x100 IM @2:30; & 3x100 Flutter Kick @2:30.
- Able to legally complete all four strokes, pass dive progression and have legal turns per stroke.
- Great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency in practice skills such as tight streamlines, at least 1 dolphin kick off walls for fly/back/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

10&Under Division (Gold, Silver, Bronze, Red Groups)

10&U Gold

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 5-6 practices per week, including drylands.
- Multiple dryland sessions per week.
- For swimmers 10&U years old.
- Have achieved 10&U Summer Age Group Championships qualifying times.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following sets: 6x100 Free @1:40; 5x100 IM @1:50; & 4x100 Kick @2:10.
- Great attitude and communication with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency in practice skills such as tight streamlines, 2-3 dolphin kicks off walls for fly/back/free, and able to maintain breathing patterns for fly/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

10&U Silver

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 4-5 practices per week.
- Introduction to multiple dryland sessions per week.
- For swimmers 10&U years old.

- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following sets: 5x100 Free @1:45; 3x100 IM @2:00; & 3x100 Kick @2:20.
- Great attitude with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency in practice skills such as tight streamlines, at least 1 dolphin kick off walls for fly/back/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

10&U Bronze

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 3-4 practices per week.
- Introduction to multiple dryland sessions per week.
- For swimmers 10&U years old.
- Committed to attending all meets and Championship meets for the season set by the Head Coach and lead group coach.
- Committed to attending a Championship meet as a relay team member.
- Able to complete the following introductory baseline sets: 8x50 Swim @1:00, 8x50 Kick @1:20.
- Able to complete the following sets: 5x100 Free @2:00; 3x100 IM @2:30; & 3x100 Flutter Kick @2:30.
- Able to legally complete all four strokes, pass dive progression and have legal turns per stroke.
- Great attitude with teammates and coaches, and demonstrates a willingness to learn elite level work ethic.
- Demonstrates proficiency in practice skills such as tight streamlines, at least 1 dolphin kick off walls for fly/back/free.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!

10&U Red

- Placement in the group will be at coaches' discretion based on an athlete's commitment to following the team philosophy and expectations.
- Commitment to process and growth, including but not limited to, attending 3-4 practices per week.
- Introduction to WUTS before each swim practice.
- For swimmers 10&U years old.
- Committed to attending 2-3 meets and Championship meets for the season set by the Head Coach and lead group coach.
- Able to complete the following introductory baseline sets: 8x50 swim @1:00, 8x50 Kick @1:20.

- Able to complete the following sets: 4x100 Free @2:10; 2x100 IM @2:40; & 2x100 Flutter Kick @2:45.
- Able to legally complete all four strokes, pass dive progression and have legal turns per stroke.
- Great attitude with teammates and coaches. And supportive of teammates.
- Demonstrates proficiency in practice skills such as tight streamlines, at least 1 dolphin kick off walls for fly/back/free, learning intervals.
- Have Fun, Adopt a Growth Mindset, Trust and Respect the Process!