



2025-2026 YSSC GROUP EXPECTATIONS



NATIONAL

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
Sophomore in High School *	Current Short Course YMCA National Qualifier	X-Set Result = 1:05 or faster 12 x 100s Kick @1:40	Be a positive influence and a supportive teammate	Water bottle CUKE equipment bag	Grown Up Cuke College
* or Winter Junior Qualifier	4 Spring Senior State Qualifying Times	5 x 200s IM @2:40 or faster	Be a role model for all other members of the team	Senior CUKE Board TYR Hydroblade Fins	
	2 Current Long Course YMCA National Qualifying Times		90% Attendance	FINIS stability snorkel speed	
Note: Athletes may only move into National Group at the start of the competitive year with the exception of HS Seniors who qualifying during their Senior Year			Participate in all YSL Meets and Spirit Buddy Events	TYR Classic Pull Buoy TYR Catalyst Stroke Paddles	
			Participate in at least 2 community service initiatives during the year	Foam Roller Post-workout snacks	
			YSSC should be priority over any other extracurricular activities	Dryland Clothes [Sneakers, shirt, and shorts]	
			Have all the equipment in good shape and organized inside of "CUKE" equipment bag		

SENIOR 1

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
15 & Over	Juniors with 13-14 ESSZ Sectional qualifying time	X-Set Result = 1:10 or faster 12 x 100s Kick @1:45	Be a positive influence and a supportive teammate	Water bottle CUKE equipment bag	National Group Grown Up Cuke
	2 events SCS Spring Senior State Qualifiers	5 x 200s IM @2:50 or faster	Be a role model for all other members of the team	TYR Classic Kickboard TYR Hydroblade Fins	College
	IMX Score		75% Attendance	FINIS stability snorkel speed	
			Attend morning practice	TYR Classic Pull Buoy	
			Participate in YSL Meets and Spirit Buddy Events	TYR Catalyst Stroke Paddles Foam Roller	
			Have all the equipment in good shape and organized inside of "CUKE" equipment bag	Post-workout snacks Dryland Clothes [Sneakers, shirt, and shorts]	

SENIOR 2

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
15 & Over	100s of Stroke legally	X-Set Result = 1:20 or faster	Be a positive influence and a supportive teammate	Water bottle CUKE equipment bag	Senior 1 Grown Up Cuke
	200 IM legally	10 x 100s Kick @2:00	Be a role model for all other members of the team	TYR Classic Kickboard TYR Hydroblade Fins	College College
	500 Free legally	5 x 200s IM @3:10 or faster	Attendance: 4 - 6 practices per week	FINIS stability snorkel speed TYR Classic Pull Buoy	
			Attend morning practice	TYR Catalyst Stroke Paddles	
			Participate in YSL Meets and Spirit Buddy Events	Foam Roller Post-workout snacks	
			Have all the equipment in good shape and organized inside of "CUKE" equipment bag	Dryland Clothes [Sneakers, shirt, and shorts]	



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JUNIOR SECTIONAL

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
13 to 14	13-14 ESSZ Sectional qualifying time OR within 4% of sectional qualifying times in 2 separate events 13-14 IMX Score	X-Set Result = 1:15 or faster	Be a positive influence and a supportive teammate	Water bottle	Senior 1
		5 x 200s IM @3:00 or faster		CUKE equipment bag	Senior 2
		10 x 100s Kick @1:55	Be a role model for all other members of the team	TYR Classic Kickboard	National Group
			75% Attendance	TYR Hydroblade Fins	
				FINIS stability snorkel speed	
			Have all the equipment in good shape and organized inside of "CUKE" equipment bag	TYR Classic Pull Buoy	
				TYR Catalyst Stroke Paddles	
				Foam Roller	
				Dryland Clothes [Sneakers, shirt, and shorts]	
				Post-workout snacks	

JUNIOR 1

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
13 to 14	100s of stroke legally	X-Set Result = 1:25 or faster	Be a positive influence and a supportive teammate	Water bottle	Junior Sectional
	500 Free legally	5 x 200s IM @3:15 or faster		CUKE equipment bag	Senior 2
	400 IM legally	12 x 100s Kick @2:10	Be a role model for all other members of the team	TYR Classic Kickboard	Senior 1
	within 4% of two 13-14 State qualifying times		Attendance: 4 - 6 practices per week	TYR Hydroblade Fins	
				FINIS stability snorkel speed	
				TYR Classic Pull Buoy	
				TYR Catalyst Stroke Paddles	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	

JUNIOR 2

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
13 to 14	50s of stroke legally	X-Set Result = 1:40 or faster	Be a positive influence and a supportive teammate	Water bottle	Junior 1
	200 Free legally	5 x 200s IM @3:30 or faster		CUKE equipment bag	Senior 2
	200 IM legally	12 x 100s Kick @2:20	Be a role model for all other members of the team	TYR Classic Kickboard	
				TYR Hydroblade Fins	
			Attendance: 3-6 practices per week	FINIS stability snorkel speed	
				TYR Classic Pull Buoy	
				TYR Catalyst Stroke Paddles	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	



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YELLOW

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
11 to 12	50s of stroke legally	X-Set Result = 1:30 or faster	Be a positive influence and a supportive teammate	Water bottle	Junior Sectional
	200 Free legally	3 x 200s IM @3:30 or faster		CUKE equipment bag	Junior 1
	200 IM legally	8 x 75s Kick @1:35	Be a role model for all other members of the team	TYR Classic Kickboard	
	At least 2 events within 4% of State Qualifying Times		Attendance: 4 - 6 practices per week	TYR Flex Fin 2.0	
				Snorkel	
				TYR Catalyst Stroke Paddles	
				TYR Classic Pull Buoy	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	

PURPLE

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
11 to 12	50s of stroke legally	X-Set Result = 1:55 or faster	Be a positive influence and a supportive teammate	Water bottle	Yellow
	200 Free legally	4 x 100s IM @2:10 or faster		CUKE equipment bag	Junior 2
	100 IM legally	6 x 75s Kick @1:55	Be a role model for all other members of the team	TYR Classic Kickboard	Junior 1
				TYR Flex Fin 2.0	
			Attendance: 2 - 5 practices per week	Snorkel	
				TYR Catalyst Stroke Paddles	
				TYR Classic Pull Buoy	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	

ORANGE

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
11 to 12	Desire to participate at swim meets	6 x 50s Free @1:10 or faster	Be a positive influence and a supportive teammate	Water bottle	Purple
		6 x 50s IM Transitions @1:45		Equipment Bag	Junior 2
	Swim All 4 strokes legally	8 x 25s Free Kick @:45	Be a role model for all other members of the team	TYR Classic Kickboard	
				TYR Flex Fin 2.0	
		Ability to read the pace clock and follow coaches' instructions	Attendance: 2 - 3 practices per week	TYR Classic Pull Buoy	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	



2025-2026 YSSC GROUP EXPECTATIONS



BLUE

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
9 to 10	50s of stroke legally	4 x 100s Free @2:00 or faster	Be a positive influence and a supportive teammate	Water bottle	Purple
	200 Free legally	4 x 100s IM @2:10 or faster		CUKE equipment bag	Yellow
	100 IM legally	4 x 50s Kick @1:15	Be a role model for all other members of the team	TYR Youth Classic Kickboard	Orange
	at least 2 events within 4% of State Qualifying Times		Attendance: 3 - 5 practices per week	TYR Flex Fin 2.0	
				Snorkel	
				TYR Classic Pullbuoy	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	

RED

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
10 & Under	25s of stroke legally	4 x 50s Free @1:15 or faster	Be a positive influence and a supportive teammate	Water bottle	Blue
	50 Free legally	3 x 50s IM Transitions @1:20		Equipment Bag	Purple
	100 IM legally	4 x 50s Free Kick @1:20	Be a role model for all other members of the team	TYR Youth Classic Kickboard	Orange
		Ability to read the pace clock and follow coaches' instructions	Attendance: 2 - 4 practices per week	TYR Flex Fin 2.0	
				TYR Classic Pull Buoy	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	

GREEN

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
10 & Under	Desire to participate at swim meets	Ready position	Be a positive influence and a supportive teammate	Water bottle	Red
		Streamline		Equipment Bag	Orange
	Swim All 4 strokes legally	Bilateral breathing on Free	Be a role model for all other members of the team	TYR Youth Classic Kickboard	
		3 x 50s Free Kick @1:30	Attendance: 2 - 3 practices per week	TYR Flex Fin 2.0	
		Ability to read the pace clock and follow coaches' instructions		TYR Classic Pull Buoy	
				Post-workout snacks	
				Dryland Clothes [Sneakers, shirt, and shorts]	
		<i>*Color Group moves are also determined by Coaches' Observations and Discretion</i>			



2025-2026 YSSC GROUP EXPECTATIONS



YSL 3

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
8 to 12	Participate at the YSL Meets	Knows how to swim Free	Be a positive influence and a supportive teammate	Water bottle	Orange
		Knows how to swim Back		Equipment Bag	Green
		Has an idea of Breaststroke		TYR Flex Fin 2.0	
		Has an idea of Butterfly		TYR Youth Classic Kickboard	

YSL 2

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
7 to 9	Participate at the YSL Meets	Knows how to swim Free	Be a positive influence and a supportive teammate	Water bottle	Green
		Knows how to swim Back		Equipment Bag	Orange
		Has an idea of Breaststroke		TYR Flex Fin 2.0	YSL 3
		Has an idea of Butterfly		TYR Youth Classic Kickboard	

YSL 1

Age	Performance	Practice Ability	Commitment	List of Equipment	Next Step
4 to 8	Participate at the YSL Meets	Knows how to swim Free	Be a positive influence and a supportive teammate	Water bottle	YSL 2
		Has an idea of Back		Equipment Bag	Green
		Has an idea of Breaststroke		TYR Flex Fin 2.0	
		Has an idea of Butterfly		TYR Youth Classic Kickboard	

* ALL GROUP MOVES ARE SUBJECT TO HEAD/LEAD COACH APPROVAL AND INSIGHT FROM CURRENT COACH