

## 2024-2025 RSD Age-up/Move-up Schedule



RSD offers three team-wide progressive moves during each swimming year (Sept through August). The schedule details follow:



### Cycle 1

Evaluations: September – October – November – December

New Group invites/notification: December

New group placement: January

### Cycle 2

Evaluations: January – February – March – April

New Group invites/notification: April

New group placement: May

### Cycle 3

Evaluations: May – June – July – August

New Group invites/notification: August

New group placement: September (start of 2024 fall season)

**The following criteria will be tracked and ranked to determine both age-up and move-up placement:**

- Practice attendance
- Competition requirements/attendance
- Progress check: stroke technique and drills
- Progress check: improvements on practice challenges
- Coach criteria
- Competition skills/details/time standards (when applicable)
- Team values



## **Progress Checks/Practice Evaluations**

A. Ongoing Stroke Technique and Drills: Daily monitoring of skills and drills

B. Monthly Stroke Technique Progress Check: Administered by coaches monthly monitoring specific strokes skills for the four competitive strokes, starts, turns, underwater

C. Ongoing Practice Pacing: Lane placement is organized by practice pace; swimming and kicking.

D. Monthly Practice Challenge Sets: Administered by coaches, repeated at least once per month. Swimmers will be evaluated on their speed and ability to perform on intervals without sacrificing their technique.

## **Visits**

Swimmers who have passed the progress check list and coaches criteria *may* be given visits to serve as a transition period and/or allow the incoming coaches to evaluate if the swimmer is ready for the next group. The receiving coach will have final say if a swimmer moves following the visits. The visit frequency and days will be determined by the coaches.

## **Space Available**

Coaches will also take care to preserve the integrity of the group size so that the coach to swimmer ratios are maintained, allowing for the most productive and homogenous environment possible. All swimmers meeting the minimum requirements for the next group will be ranked within their current group and, if space is limited, the swimmers will be invited starting with the highest rank and continuing down the list until all spots are filled.

## **New Challenges**

As swimmers progress out of a practice group, the expectation is that the remaining swimmers fill the void and accept the new challenge as group leaders; leading the practice lanes (pacing), leading the group when applicable (stretching and dryland), etc. We feel this as an important and valuable step in the development for each swimmer as they progress from group to group.

## **New Group Placement**

The swimmer and parents will be notified approximately 3 to 4 weeks prior to the effective date. Monthly billing changes will be effective on the first of the month.

## **Age-up: (Advancement from Age Group Track to Senior Group Track)**

To maintain social continuity within our practice groups, swimmers approaching or soon after turning thirteen years old will be selected to move into an appropriate level Senior Group. Most of the time these "age-ups" follow the three-cycle schedule; but could also be tied to the swimmer's age at their next championship swim meet.

## **Competitive Senior to Senior Advancement**

Our highest-level competitive senior groups may have a different move-up schedule per coaches' direction. Training cycles and the championship competition calendar will both be considered to secure the best timing for swimmer's advancement.