



Group Requirements and Moves 2025-26 season

Swimmers must demonstrate all of the items on the group requirement checklists to move into the groups. This includes:

Age	May be waived by discretion of the Lead Coach
Practice Requirements	
Stroke Requirements	
Skill Requirements	
Interval Requirements	If applicable
Practice Attendance	If applicable
Meet Attendance	If applicable
Volunteer Requirements	Competitive Groups

The coaching staff will have the final decision on group moves. Lead coaches will communicate with the swimmers and parents regarding group moves.

Group Moves

Group moves typically happen several times in the year. A general overview of months that swimmers move are:

August	
December	
March	May for swimmers moving into Senior groups

Questions

Any questions about group moves and swim meets can be directed to the Leads listed below. Families should reach out to coaches of their swimmer or swimmers in their current group.

Intro/Beginner	Abby David	x.abbydavid.x@gmail.com
Yellow/Blue	Gracie Lopez	lopezgracie05@gmail.com
Competitive	Ricky Silva	rickysilvadart@gmail.com

Questions about billing, meet fees, volunteer hours and other team areas can be directed to Lacie Lopez at dartsolanoswim@gmail.com.

Developmental Groups

Swimmers in Developmental groups are encouraged to attend at least two more practices per week. Swimmers are encouraged to attend swim meets as per the published schedule.

Swimmers **MUST** be able to perform the following to move into these groups:

Intro 12 and under

Swimmer must be able to swim 25 yards of freestyle

Swimmer must be able to jump into the pool from the side of the pool.

Swimmer maintains head up and hand on wall when coaches are talking

Beginner 14 and under

Swimmer must be able to swim 50 yards of freestyle

Swimmer must be able to swim 25 yards of backstroke

Swimmer must be able to jump into the pool from the blocks

Swimmer maintains attention, circle swims and can follow coach instruction

Yellow 10 and under

Swimmer must be able to swim 50 yards of freestyle and back

Swimmer must be able to swim 25 yards of breast and dolphin kick

Swimmer must be able to perform a racing dive (from side of blocks)

Swimmer must be able to perform legal turns and finishes for all free, back, breast and fly

Swimmers must be able to swim 10x25 free on :55 interval or faster using a pace clock

Swimmer can use pace clock, follow coach instructions and can follow directions for sets.

Blue 14 and under (no high school)

Swimmer must be able to swim 50 yards of freestyle and back

Swimmer must be able to swim 25 yards of breast and dolphin kick

Swimmer must be able to perform a racing dive (from side of blocks)

Swimmer must be able to perform legal turns and finishes for all free, back, breast and fly

Swimmer must be able to perform a racing dive from blocks

Swimmers must be able to swim 10x25 free on :55 interval or faster using a pace clock

Swimmer can use pace clock, follow coach instructions and can follow directions for sets.

Senior Fit 14 and older (high school)

Swimmer must be able to swim 50 yards of freestyle

Swimmer must be able to swim 25 yards of backstroke

Swimmer must be able to perform a racing dive (from side of blocks)

Swimmer must be able to perform legal turns and finishes for all free, back, breast and fly

Swimmer must be able to perform a racing dive from blocks

Swimmers must be able to swim 10x25 free on :55 interval or faster using a pace clock

Swimmer can use pace clock, follows coach instruction and can follow directions for sets.

Competitive Groups

All swimmers moving into a competitive group must attend a competitive meeting (swimmer and parent.) Families are required to perform the designated number of volunteer hours and jobs for competitive swimmers.

Age Group

Swimmer must be able to swim 100 yards of free and back

Swimmer must be able to swim 50 yards of breast and fly

Swimmer must be able to swim 100 yard IM

Swimmer must be able to perform racing turns for free, back, breast and fly

Swimmer must be able to perform a racing start for free and back

Swimmers must average at least three practices per week for last three months

Swimmers must have attended at least three meets with a season

Swimmers must be able to swim 10x50 free on 1:15 interval or faster.

Junior

Swimmer must be able to swim 200 yards of free

Swimmer must be able to swim 100 yards of back, breast and fly

Swimmer must be able to swim 200 yard IM

Swimmer must be able to perform racing turns for free, back, breast and fly

Swimmer must be able to perform a racing start for free and back

Swimmers must average at least three practices per week for last three months

Swimmers must have attended at least three meets with a season

Swimmers must be able to swim 10x100 free on 1:40 interval or faster.

Swimmers must be able to swim 10x100 IM on 2:00 interval or faster

Competitive Groups

All swimmers moving into a competitive group must attend a competitive meeting (swimmer and parent.) Families are required to perform the designated number of volunteer hours for competitive swimmers.

Senior

Swimmer must be able to swim 500 yards of free

Swimmer must be able to swim 100 yards of back breast and fly

Swimmer must be able to swim 200 yard IM

Swimmer must be able to perform racing turns for free, back, breast and fly

Swimmer must be able to perform a racing start for free and back

*Swimmers must average at least four practices per week for last three months

Swimmers must have attended at least three meets with a season

Swimmers must be able to swim 10x100 free on 1:40 interval or faster.

Swimmers must be able to swim 10x100 IM on 2:00 interval or faster

**High school athletes will be evaluated on a one-on-one basis due to HS sports.*

National

Swimmer must be able to swim 1650 yards of free

Swimmer must be able to swim 200 yards of back, breast and fly

Swimmer must be able to swim 400 yard IM

Swimmer must be able to perform racing turns for free, back, breast, fly and IM

Swimmer must be able to perform a racing start for free and back

Swimmers must be able to swim 10x100 free on 1:20 interval or faster.

Swimmers must be able to swim 10x100 IM on 1:30 interval or faster

*Swimmers must average at least five practices per week for last three months

**High School athletes will be evaluated on a one-on-one basis due to HS sports.*