



Group Placement Standards

Definition of Team Groups:

To help children achieve their goals, our coaching staff will work with each swimmer in a personal, informative, and positive way. This way, we can guide young swimmers to explore their abilities. It is necessary to set up Group Placement Standards for swimmers to know what is expected to advance from one group to the next.

Streamliner Aquatics is divided into four training groups based on the consideration of the swimmers' development of technical skills, training abilities, commitment level, maturity, and competitive levels. This progressive structure provides an opportunity for swimmers to continue to challenge themselves to be successful in the next level. All group placement decisions are based on recommendations made by the coach and in the best interest of swimmers and their long term development. The time standards used are mainly based on the USA Swimming age group time standard chart. There are different standards for swimmers trying to achieve their goal one after other.

Group Advance Policy:

Streamliner's tests for "Leveling-Up" 3 times a year (beginning of season). Swimmer is able to advance to next group base on the evaluation of the coaches according to the criteria.

- Meet the group requirements
- Gifted or talent
- Age (need to do the set test)
- Commitment (both practice and meet attendance)
- Attitude

Pre-Competitive Group:

The Pre-Comp group is the entry level designed to introduce athletes to competitive swimming. Swimmers at this level will build endurance while focusing on proper stroke technique in preparation for competitive swimming. This program is designed to bridge the gap from our lesson program to our team. This group provides younger swimmers with opportunities to develop the fundamental skills of all four competitive strokes, turns and starts.

Requirement in Pre-Comp Group

- 6– 10 years of age
- Able to swim 25 yards freestyle with breathing on the side and a good body position
- Able to swim 25 yards backstroke with good body position and legal breaststroke kick
- Able to perform legal breaststroke kick

Goals:

- Focus on working and develop proper stroke technique in preparation for competitive swimming

Expectations:

- Have all of their equipment ready: suits, caps, goggles, equipment bag, and water bottle
- Pay attention to the instructions during the practice
- Focus on learning and working technical drills
- Have the desire to swim hard and fast as well as have a fun
- Learn time management between school, swim, and family activities
- Learn to follow the pool instructions
- Learn hard work ethic and complete each practice to the best of their abilities
- Have positive attitude and encouragement towards your teammates during the practice and meet

Practice Attendance:

- 2 practices per week recommended

Meet Attendance:

- 2 or more meet recommended

Bronze Group:

The Bronze group minimum requirement is to know all four basic strokes. This group provides younger swimmers with opportunities to develop the fundamental skills of all four competitive strokes, turns and starts, as well as basic racing skills. At the same time, we start to introduce fundamental aerobic training.

Requirement in Bronze Group

- 6 – 13 years of age
- Able to swim 100 yards freestyle with breathing on the side and a good body position
- Able to swim 50 yards backstroke with good body position and legal breaststroke kick
- Able to swim 25 yards butterfly

Goals:

- Focus on technical training and competitive experience at him/her own ability level and pace

Expectations:

- Have all of their equipment ready: suits, caps, goggles, equipment bag, and water bottle
- Pay attention to the instructions during the practice
- Focus on learning and working technical drills
- Learn hard work ethic and complete each practice to the best of their abilities
- Learn time management between school, swim, and family activities
- Have positive attitude and encouragement towards your teammates during the practice and meet
- Learn to work with pace clock

Practice Attendance:

- 2 to 3 practices per week recommended

Meet Attendance:

- Minimum of 3 meets per year

- Encourage to commit all team meet
- Be committed the Championship meet if qualified

Silver Group:

The Silver group focuses on the continued development of good stroke technique, turns, and starts. Besides stroke mechanics, this group's training will contain an increased amount of aerobic training. Swimmers are encouraged to attend at least three practices a week, and one meet every two months.

Requirement in Silver Group

- 9 – 14 years of age
- Able to swim legal technique in all four strokes with a proper and legal turn
- Achieved at least one or more of his/her age group's B time or better
- Coaches' recommendations
- 8 & Under swimmers can be promoted to Silver group if they have achieved three or more 9-10 years old USA Swimming BB time, have demonstrated on a daily basis the desire and ability to perform at a higher level and have shown the maturity to work with older swimmers.

Test set to be in Silver Group:

- 500 free 9:00 or better
- 5X100 IM on 2:00
- 10X25 kick on :40

Goals:

- Focus on technical training and competitive experience at him/her own ability level and pace
- Target US Swimming National Age Group Motivation Times standard A time in multiple events

Expectations:

- Pay attention the instructions during the practice
- Focus on learning and working technical drills
- Learn hard work ethic and challenge hard set
- Learn time management between school, swim, family, and social activities
- Have positive attitude and encouragement towards your teammates during the practice and meet
- Learn to be a leader on and off the deck
- Work with pace clock
- Promote a good and healthy lifestyle with healthy diet, sleep, and weight control
- Learn setting the goals and target to the advance to the next level

Practice Attendance:

- Minimum of 3 practices per week

Meet Attendance:

- Minimum of 6 meets per year.
- Encourage to commit all team meet
- Commitment to Championship is mandatory requirement

Gold Group:

The Gold Group continues to focus on efficient stroke technique development as well as an increase in aerobic training. Swimmers in this group are expected to compete at regional competition with strong qualifying standards.

Placement in Platinum Group

- 11-13 years of age.
- Achieved at least three or more of his/her age group's BB time
- Coaches' recommendations
- 9-10 year old swimmers can be promoted to the Gold group if he/she has achieved two or more USA Swimming AA times and the speed/pace required.

Test sets to be in Gold group:

- 10X100 free on 1:30
- 5X200 IM on a 3:30
- 10X25 kick on :30

Goals:

- Focus on technical training and competitive experience at him/her own ability level and pace
- Target US Swimming National Age Group Motivation Times standard A or higher time in multiple events

Expectations:

- With strong commitment for swimming
- Pay attention to the instructions during the practice
- Focus on learning and working technical drills
- Demonstrated the hard work ethic to achieve your goals and encourage and support the goals of your teammate
- Have strong ability to manage your time wisely between school, swim, family, and social activities
- Have positive attitude and encouragement towards your teammates during the practice and meet
- Demonstrated leadership on and off the deck
- Learn to set up short term and long term of goal preparation
- Promote a good and healthy lifestyle with healthy diet, sleep, and weight control
- Learn setting the goals and target to the advance to the next level

Practice Attendance:

- Minimum of 4 practices per week

Meet Attendance:

- Minimum of 8 meets per year.
- Encourage to commit all team meet
- Commitment to Championship is mandatory requirement

Pre-Senior Group:

We divided the Senior group into Pre-Senior and Senior group based on the consideration of the swimmers' age, abilities, and long term development. They will practice as one group with separate work-outs. The focuses for the two groups are diversified in the best interest of the swimmers' development to challenge him/her to climb up to the higher level.

Placement in Senior Elite

- 13 years of age and above.
- Achieved at least one or more USA Swimming AA times or better
- Coaches' recommendations
- 11-12 year old swimmers can be advanced to the Pre-Senior group if he/she achieves two or more USA Swimming AAA times or better and the pace required

Test Set to be in Pre-Senior group:

- 10X100 free on 1:20
- 5X200 IM on 3:00
- 10X50 kick on :50

Goals:

- Focus on
- Target US Swimming National Age Group Motivation Times standard AA or higher time in multiple events

Expectations:

- With strong commitment for swimming and single sports are recommended
- Learn to set up short term and long term of goal preparation for the future Demonstrated the hard work ethic to achieve your goals
- Demonstrated the hard work ethic to achieve your goals and encourage and support the goals of your teammate
- Have a coach-swimmer relationship based on mutual trust and respect
- Have strong ability to manage your time wisely between school, swim, family activities, and social
- Have positive attitude and encouragement towards your teammates during the practice and meet
- Demonstrated leadership on and off the deck
- Promote a good and healthy lifestyle with healthy diet, sleep, and weight control
- Learn mental and competition strategy preparation for higher level performance

Practice Attendance:

- Minimum 5 practice per week

Meet Attendance:

- Minimum of 8 meets per year.
- Commitment to Championship is mandatory requirement
- Additional travel meet committed unless approved by Head Coach in advance. (If qualified for regional Senior meet, Junior Nationals, and USA National)

Senior Group:

The Senior Group is the highest performance training group of Streamliner Aquatics. This group would be committed to qualifying and competing at regional Senior meets, Sectional meets, Junior Nationals and USA National competitions. The emphasis for this group will be to focus on advanced stroke mechanics, as well as enhanced aerobic capacity, training specification, stamina training, and racing strategies. The focuses on this group is to not only to get athletic physical readiness but also mental preparation to be successful for higher level performance.

Placement in Senior

- 13 years of age and above.
- Achieved at least one or more USA Swimming AAA times or better
- Coaches' recommendations
- 11-12 year old swimmers can be advanced to the Senior group if he/she achieves more than one USA Swimming AAAA times or better and the pace required

Test set to be in Senior group:

- 10X100 free on 1:15
- 5X200 IM on 3:00
- 10X100 kick on 1:40

Goals:

- Focus on athletic physical readiness and mental preparation to be successful for higher level performance
- Focus on qualifying and competing at regional Senior meets, Sectional meets, Junior Nationals and USA National competitions.

Expectations:

- With strong commitment for swimming and single sports recommended
- Set a short term and a long term of goal for the future
- Demonstrated the hard work ethic to achieve your goals and encourage and support the goals of your teammate
- Have strong ability to manage your time wisely between school, swim, family activities, and social life
- Have a coach-swimmer relationship based on mutual trust and respect
- Have positive attitude and encouragement towards your teammates during the practice and meet
- Demonstrated leadership on and off the deck
- Promote a good and healthy lifestyle with healthy diet, sleep, and weight control
- Having strong mental readiness and strategy preparation for high level performance

Practice Attendance: Minimum 6 practice per week

Meet Attendance:

- Minimum of 8 meets per year.
- SR Championship is mandatory required
- Additional travel meet are committed unless approved by Head Coach in advance. (If qualified for regional Senior meet, Junior Nationals, and USA National)