



SWIMMER MOVE UP REQUIREMENTS

Move-ups are carefully determined by the coaching staff, who work together to find the best fit for each swimmer. Our goal is to place swimmers in an environment that promotes growth, safety, and success.

When Do Move-Ups Happen?

Move-ups occur three times a year:

- April (start of the long course season)
- August (start of the short course season)
- December (mid-season adjustment)

What Factors Are Considered?

Move-ups are based on a combination of the following:

- Attendance
- Performance on test sets
- Meet performance
- Aptitude (ability to handle increased training demands)

What Else Should You Know?

- Move-ups are part of a long-term development process, and every swimmer's journey is unique. It's not uncommon for swimmers to spend 2-3 years in the same group as they progress through different levels within that group.
- The final decision on move-ups is made by the coaching staff. Coaches may occasionally make exceptions based on unique circumstances, but this is at their discretion—not the swimmer's or parent's.

Thank you for trusting us to make decisions that best support your swimmer's growth and success!

UTAH VALLEY AQUATICS



REQUIREMENTS FOR EACH GROUP

10 & Under Swimmers:

Group	Test Set/Skills	Official Time Requirements	Attendance	Training Readiness
Swim School	Complete a 25 Free w/ side Breathing, Complete a 25 Backstroke	-	-	Did they pay attention to all of the tryouts?
Sunrays	Complete a 25 of each stroke legally.	Swim Meet Ready (determined by coach)	65%	Do they pay attention to all of the practice? Do they comfortably complete a half hour practice?
10 & U Champs	10x 50 Free @60 -Perform correct turns	Have 1 State Cut or 3 Beehive Cuts	75%	Do they comfortably complete an hour of practice?

11 & 12 Swimmers:

Group	Test Set	Official Time Requirements	Attendance	Training Readiness
Sunray	Complete a 25 of each stroke legally.	Swim Meet Ready (determined by coach)	65%	Do they pay attention to all of the practice? Do they comfortably complete a half hour practice?
Butterfly	10x 50 Free @60 -Perform correct turns	-	65%	Do they comfortably complete an hour of practice?
11-12 Champs	10x 100 Free @1:50	Have 1 State Cut or 3 Beehive Cuts	75%	Do they comfortably complete an hour of practice?

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13-14 Swimmers:

Group	Test Set	Official Time Requirements	Attendance	Training Readiness
Butterfly	10x 50 Free @60 -Perform correct turns	-	65%	Do they comfortably complete an hour of practice?
Stingray	10x 100 Free @1:50	-	65%	Do they comfortably complete an hour and 15 minute practice?
13-14 Champs	10x 100 Free @1:25	Have 3 13-14 State cuts	75%	Do they comfortably complete an hour and half practice?
Zones	10x 100 Free @1:15	Have 6 Senior State cuts, 1 Senior Zones time (This requirement changes when they are older)	90% (During High School Season 75%)	Talk w/ coach about what cues they look for readiness

15+ Swimmers:

Group	Test Set	Official Time Requirements	Attendance	Training Readiness
Stingray	10x 100 Free @1:50	-	65%	Do they comfortably complete an hour and 15 minute practice?
High School Champs	10x 100 Free @1:30	-	65%	Do they comfortably complete an hour and half practice?
Zones	10x 100 Free @1:15	Have 3 Senior State cuts,	90% (During High School Season 75%)	Talk w/ coach about what cues they look for readiness
Nationals	10x 100 Free @1:10	Have 1 Sectionals time	90%	Talk w/ coach about what cues they look for readiness