



NEW CGBD STRUCTURE FAQ

When will I know what group my swimmer will be in next year?

You will be notified by your primary coach or the Head Age Group Coach or Head Developmental Coach after the general membership meeting by end of June

When does registration open?

July 1

How will my swimmer know when they are ready to move to the next group?

You will be contacted by your swimmer's lead coach.

What is IMX/IMR?

IMR means individual medley ready. Swimmers compete in a of five events at shorter distances. Below, we've listed the line-up by age groups.

- ⇒ **9 & Under, 10-year olds:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)
- ⇒ **11-year olds, 12-year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)
- ⇒ **13, 14, 15, 16, 17, & 18-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account and find your IMX score. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a steppingstone.

IM Xtreme (IMX)

The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC and on your club.

- ⇒ **10 & under:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- ⇒ **11-12-year olds:** 400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM
- ⇒ **13 & over:** 400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

How do I calculate my swimmers IMX score?

Calculate swimmers scores with a power point calculator.

<https://www.usaswimming.org/times/popular-resources/power-point-calculator>

Many groups have done timed swims in practice that we have recorded. Your swimmer's coach can assess an IMX score based on these swims.



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Why is my swimmer practicing less than they were last year?

It is our goal to meet the needs of all swimmers and sometimes that means taking a small step back to encourage understanding of each expectation in practice. If your swimmer is practicing less than last year, they can absolutely move into the next group once they have achieved the requirements of that group.

How will my swimmer be placed? According to grade or birthday? What if I held my child back a grade?

Your swimmer will be placed according to the guidelines for each group. IMX scores will be calculated for the entire long course or the entire short course

⇒ **Dolphin:** K-5th grade (10&under)

⇒ **Seahawk:** 6th-8th grade(11-14)

⇒ **Typhoon:** 9th-12th grade(14&over)

**exceptions will be considered based on coach recommendations and swimmer readiness

How do I apply for my swimmer to be moved to a different group as an exception?

Communicate with the lead coach of the group your swimmer is currently in. Moves from group to group will take place 2 times per year (Bridge group will be more often)

When will move-ups occur and what is the move-up process?

Move ups will occur at the beginning of short course and long course season as needed. Some swimmers will remain in the same groups for a number of years based on their imx scores/IMR events and age/grade.

Coaches will assess scores and events and make recommendations based on requirements of each level and group.

What happens if my child gets the IMX score in the middle of the season? Will they be able to move up immediately?

We encourage swimmers to work to accomplish their goals.

Bridge swimmers will be encouraged to move up based on recommendations in mid December, mid March and possibly May based on completing the IMR events.

All other groups will adjust swimmers based on scores in September and April.

Does my swimmer have to be at every practice?

CGBD provides practice opportunities throughout each week that will give each swimmer the appropriate edge on the competition no matter what level your swimmer is. If you are unable to take advantage of each practice please know that this does affect their ability to advance at the same rate as other who attend regularly.



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Does CGBD swimming end after Spring Break?

USA Swimming is divided into 2 seasons: long course and short course. Generally short course is September thru March and Long course is April thru August. We encourage each level Bridge through Elite to participate in both seasons. The experience young swimmers get in long course give them confidence as they grow in the sport of swimming.

Should my swimmer swim summer league?

CGBD has always encouraged summer league participation and recognize its importance in confidence building and learning to coach and mentor.

The expectations are as follows:

Elite and Challenge groups are encouraged to make CGBD practices a priority. It is their responsibility to represent CGBD on a LSC and national level. Participating in summer league meets and helping to coach as swimmers get older is encouraged as long as it does not interfere with normal practices.

Competitive groups are encouraged to swim CGBD 2-3 times a week

Bridge groups are encouraged to swim CGBD 1-2 times a week

Which meets will my swimmer go to?

The meets your swimmer will be encouraged to go to are stated in the definition of each group and specifics will be sent to each group at the start of each season.

What is premium membership versus flex membership?

Premium is for all swimmers practicing with a member club or competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming. There is no limit to the number of meets this membership allows

Flex is for 12 and under swimmers for a calendar year period. Swimmers who move to the year-round athlete membership category within the same membership year will be able to credit the cost of the Flex membership toward the cost of their year-round membership. Swimmers may participate in two (2) USA Swimming sanctioned meets per membership year for meets not part of the Virginia Swimming championship meet progression (District Champs, Region Champs, Summer Awards, Senior Champs, or Age Group Champs).

What is dryland versus core?

Core is activities working to develop body strength and balance. Dryland is more intense continuing to develop the body balance and strength with exercise that introduce and use things other than body weight.