

TIDE Swimming

2024-2025 Age Group Standards

The following are TIDE's Age Group level group progression standards. The listed information is simply criteria which coaches look at in order to discuss or consider move ups - i.e attendance, participating in highest meet eligible for, attending travel trips, performance standards, mental/emotional readiness, etc. These are talking points and considerations for coaches when talking to families/athletes. Athletes will be evaluated based on the standards for the age they will be at their December mid-season championship meet. Group assignments are designed for a full season - SC & LC being considered two separate seasons. End of SC move-ups will be limited to coach-recognized outliers. There are slight programming differences between sites based on school schedules, overall number of swimmers in the program, and pool capacity/availability. This is year one of a new 4 year quad (LA28 Olympic cycle). The goal is that these standards will elevate year to year.

Age Group Gold

14&U Age Group Gold

This is our highest level age group on the team, and is composed of middle school aged athletes (11-14 yrs old) who have been identified as potential Pre-National group athletes who will prepare to move into that group when they age up to high school. Age Group Champs is the culminating meet for this group. Additionally, the target is "qualifying up" to attend travel meets on the schedule. At PA & Great Bridge the 12U & 14U groups are combined for the 2024-2025 season.

- 1) Practice/Meet Attendance
 - Practice attendance is maintained at 85% - including morning practices.
 - Attending all coach recommended meets - participating in all days of the meet.
 - Attends the highest meet qualified for.
- 2) Performance Standards: -
 - **13-14:** 4x 13-14 "A" time with 1 being an AGC qualifying time.
 - i. "A" times achieved must be across 3 strokes with at least 1 standard being a 200 of stroke/IM.
 - **11-12:** 4x 11-12 "A" time with 1 being an AGC qualifying time.
 - i. "A" times achieved must be across 2 strokes with at least 1 standard being a 100 of stroke/IM.
- 3) Behavior
 - Align with TIDE Swimming's vision and values.
 - Coaches' recommendation that they can handle the rigor of this group.
 - Daily, Short term, long term, and dream goals are discussed in this group through goal meetings between coach and athlete. The athlete understands they are the "driver" of their destiny, and their coach is there to help set the road map for them on their journey
 - Understanding that morning practices and doubles are a part of the commitment for the AGG program.
- 4) Training maturity:
 - Free Threshold: 1:15 (Yards); 1:20 (SC Meters) interval on repeats
 - IM Threshold: 1:25 (Yards); 1:30 (SC Meters) interval on repeats
 - Kick Threshold: 1:40 (Yards); 1:45 (SC Meters) interval on repeats
 - Threshold skills: read clock and taking heart rate value

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- Athletes should know how to take an accurate 10 second HR and have learned to reach their max HR.
- Maintains all TIDE Stroke Points.

Age Group Silver

14&U Age Group Silver

This group is designed for athletes who wish to train year round & desire to swim at a competitive level as a 13-14 year old (still in middle school). Athletes in this group are on the path of showing a “self motivation” for swimming, and further wish to develop their love for the sport of swimming. They have met some performance standards and are working towards achieving age appropriate time standards while attending swim meets on a monthly basis, rarely missing.

Practice/Meet Attendance:

- Practice attendance is maintained at 70%
- Attending all coach recommended meets - participating in all days of the meet
- Attends the highest meet qualified for.

Performance Standards:

- **13-14:** 3x 13-14 “B” times. At least 1 standard must be a 200 of stroke/IM.
 - Competes in all eligible events for age range.

Behavior

- Portrays and displays the TIDE Values and Behaviors on a daily basis
- Know best times and be able to set goal times.
- Understanding that this group is a year-round commitment
- Extra curricular activities are able to be encouraged, however, swimming must balance with other commitments to maintain attendance.

Training maturity:

- Free Threshold: 1:35 (Yards); 1:40 (SC Meters) interval on repeats
- IM Threshold: 1:45 (Yards); 1:50 (SC Meters) interval on repeats
- Kick Threshold: 2:10 (Yards); 2:15 (SC Meters) interval on repeats
- Athletes in this group will further develop an understanding of the energy systems and understand how they relate to heart rate and threshold values.
- For ALL strokes efficiency is paramount. Athletes in this group should have developed age group stroke points.
- Maintains all TIDE Stroke Points.

12&U Age Group Silver

This group is designed for athletes who wish to train year round & desire to swim at a competitive level. Athletes in this group are on the path of showing a “self motivation” for swimming, and further wish to develop their love for the sport of swimming. They have met some performance standards and are working towards achieving age appropriate time standards while attending swim meets on a monthly basis, rarely missing.

1) Practice/Meet Attendance:

- Practice attendance is maintained at 70%
- Attending all coach recommended meets - participating in all days of the meet.
- Attends the highest meet qualified for.

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2) Performance Standards:

- **11-12:** 6x 11-12 “B” times in 3 separate strokes/IM
- **9-10:** 3x 9-10 “A” times in 3 separate strokes/IM

3) Behavior

- Portrays and displays the TIDE Values and Behaviors on a daily basis
- Know best times and be able to set goal times.
- Understanding that this group is a year-round commitment
- Extra curricular activities are able to be encouraged, however, swimming must balance with other commitments to maintain attendance.

4) Training maturity:

- Free Threshold: 1:35 (Yards); 1:40 (SC Meters) interval on repeats
- IM Threshold: 1:45 (Yards); 1:50 (SC Meters) interval on repeats
- Kick Threshold: 2:10 (Yards); 2:15 (SC Meters) interval on repeats
- Maintains all TIDE Stroke Points.

Age Group Bronze

14&U Age Group Bronze

This group is composed of middle school aged athletes (11-14 yrs old) is a combination of committed swimmers who have not yet reached their performance goals and recreational swimmers who enjoy swimming several times a week. Swimmers are training year round, working towards achieving their first time standards, & compete in a wide variety of events. There are slight differences in where 11-12 year olds are grouped depending on site - largely due to group size, number of lanes available & school schedules.

- Practice/Meet Attendance:
 - Practice attendance is maintained at 60%. Below 60% attendance will be considered through coach recommendation only.
 - Attending all coach recommended meets - 1 meet monthly.
 - Attends the highest meet qualified for.
- Performance Standards:
 - **13-14:** Time of Record in all 100s & 200 free, 200 IM.
 - **11-12:** 1x 11-12 “B” time. Legal time in all IMX events & competes in all eligible events for age range.
- Behavior
 - Portrays and displays the TIDE Values and Behaviors on a daily basis
 - Goal setting as it relates to time achievements will start in this group. Athletes will aim for BB or AGC times by the end of the season if they are motivated to progress into Age Group Silver.
- Training maturity:
 - Able to complete - 4x50 IMO (kick/swim) @ 1:30, 6x50 free kick with board @ 1:15-1:20, 4x100 free @ 1:45.
 - An athlete coming into this group needs to be both legal and have the ability to begin to train all four strokes. No specialization of sport is required for this group.
 - Can read a pace clock, and has a basic understanding of intervals.
 - Proficient at starts and turns

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- Athletes will be doing 2,000-3,000 yards/meters at each practice so athletes need to be physically ready for that change.
- Maintains all TIDE Stroke Points.

12&U Age Group Bronze

This is a group for swimmers ages 9-12 yrs old. It is the first level of the Age Group Program - swimmers are making a bigger commitment to swimming & beginning to set goals for themselves. Swimmers are training year round, working towards achieving their first time standards, & compete in a wide variety of events. There are slight differences in where 11-12 year olds are grouped depending on site - largely due to group size, number of lanes available & school schedules. At MT, this group is limited to those swimmers who are still in elementary school.

- Practice/Meet Attendance:
 - Practice attendance is maintained at 60%.
 - Attending all coach recommended meets - 1 meet monthly.
 - Attends the highest meet qualified for.
- Performance Standards:
 - **9-10:** 1x 9-10 "BB" time OR 3x 9-10 "B" times in 3 strokes; Time of Record in all IMR events.
 - **11-12:** 1x 11-12 "B" time. Legal Time of Record in all IMX events.
- Behavior
 - Portrays and displays the TIDE Values and Behaviors on a daily basis
 - Goal setting as it relates to time achievements will start in this group. Athletes will aim to achieve AGC or BB times by the end of the season if they are motivated to progress into Age Group Silver.
- Training maturity:
 - Able to complete - 4x50 IMO (kick/swim) @ 1:30, 6x50 free kick with board @ 1:15-1:20, 4x100 free @ 1:45.
 - An athlete coming into this group needs to be both legal and have the ability to begin to train all four strokes. No specialization of sport is required for this group.
 - Can read a pace clock, and has a basic understanding of intervals.
 - Proficient at starts and turns
 - Athletes will be doing 2,000-3,000 yards/meters at each practice so athletes need to be physically ready for that change.
 - Maintains all TIDE Stroke Points

Age Group Prep

14&U Age Group Prep

This group is composed of middle school aged athletes (11-14 yrs old) is an entry level program for recreational swimmers who enjoy swimming several times a week. Swimmers have the option to train in sessions (Fall/Winter/Spring/Summer) working towards achieving legal, efficient strokes & gain experience in competing in TIDE meets.

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- Practice/Meet Attendance:
 - No required attendance. 60% practice attendance is encouraged.
 - No required meet attendance.
- Performance Standards:
 - **11-14:** Proficient 50 Freestyle/50 Backstroke/25 Breaststroke/25 Fly
- Behavior
 - Portrays and displays the TIDE Values and Behaviors on a daily basis
- Practice maturity:
 - An athlete coming into this group needs to be proficient to advanced and have the ability to begin to put all pieces together for all four strokes. No specialization of sport is required for this group.
 - Can read a pace clock, and has a basic understanding of intervals.
 - Advanced at starts and turns
 - Maintains all TIDE Stroke Points