

TIDE Swimming 2024-2025 Developmental Standards

The following are TIDE's Developmental group progression expectations and standards. The listed information is simply criteria which coaches look at in order to discuss or consider move ups - i.e attendance, participation in meets, performance standards, mental/emotional readiness, etc. These are great talking points for coaches when talking to families/athletes and are considerations. While there is no attendance requirement in the Developmental program, as a swimmer progresses upwards in the Developmental program, there will be an increased focus on both practice and meet attendance. The more a swimmer attends on a consistent basis, the more they will learn! Developmental athletes have 2 move up times during the year, after short course championship meets, and after the long course season concludes. While in the Developmental program, it is encouraged to participate in other sports or other activities while swimming for TIDE!

There are many words that are used to describe achievements and swimming ability, we have included the definition that we use for each of these words.

Mastered - can swim stroke legal 100% of time

Advanced - Able to swim stroke legally 3 out of 4 times, can do 25 of a 50, only misses turns

Proficient - Able to swim stroke legally at practice, DQs in meet 50% of time

Introduction - Has been taught stroke, knows elements of stroke

Independent - Can compete asked distance without stopping

Developmental Gold

This is our highest level developmental group, and is composed of elementary school athletes ranging from age 7-10. Swimmers are introduced to swimming sets that combine skills & whole stroke swimming with intervals. Swimmers are learning how to achieve time standards. The commitment begins to shift from low to medium depending on the swimmer's age, love of sport and interest in advancing into the age group program. There is an increased focus on practice and meet attendance throughout both Short Course and Long Course season, with an emphasis on end of season championship meets. (Mt. Trashmore & Greenbrier)

- Practice/Meet Attendance
 - Recommended to attend 60% of all practices
 - Attending all coach recommended meets - 1 meet monthly.
- Performance Standards: -
 - **8&U:** Advanced competition of IMR Events
 - **9-10:** 1x 9-10 "B" time.
- Behavior
 - Align with TIDE Swimming's vision and values
 - Goal setting as it relates to this group: practice attendance, meet performance, practice efforts
 - Eager and motivated to swim and learn new things at every practice s/he attends
- 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 is able to execute basic intervals with minimal coach guidance
 - Advanced at starts and turns

TIDE Swimming

2024-2025 Developmental Standards

- Maintains all TIDE Stroke Points

Developmental Silver

Developmental Silver is the middle level of the TIDE Developmental program and is the first year-round group on the team. This group is composed of elementary school athletes ranging from 6-10 years of age. In this group, swimmers develop skill sets for each stroke equally (no specialization) with the goal of being legal in all four strokes. Building off the skills learned in Novice, basic skills & drills for each stroke are learned and reviewed throughout the year with increased full stroke swimming & proficiency as the season continues. While in Developmental Silver, athletes should aim to be at as many practices as possible throughout the week and attend meets consistently throughout the year. (Hilltop & Greenbrier)

- Practice/Meet Attendance
 - Recommended to attend 60% of all practices, 2 out of 3 practices per week
 - Attends meet consistently throughout short course and long course seasons
 - i) Recommended attending a meet every other month
- Performance Standards: -
 - 50 Freestyle and 50 Backstroke proficiently
 - Introduction to 25 Butterfly and 25 Breaststroke
- Behavior
 - Align with TIDE Swimming's vision and values
 - Increased motivation at swim meets
 - Follows all practice and pool rules
 - Eager and motivated to swim and learn new things at every practice s/he attends
- Training maturity:
 - Maintains all TIDE Stroke Points
 - Can read a pace clock, and has a basic understanding of intervals
 - Proficient at starts and turns

Novice

Novice is the introductory level for the TIDE Swimming Developmental program. This group is composed of elementary school athletes aged 4-8 yrs old. Novice is a session based group to allow the exploration of swimming in a fun and low stress environment. The group is working on developing the fundamentals of each stroke, with the primary focus being freestyle and backstroke. This group introduces the fundamentals of butterfly and breaststroke. In this group, there is emphasis on swimmers attending practices and age appropriate meets consistently throughout the session. (Hilltop & Greenbrier)

- Practice/Meet Attendance
 - Recommended to attend 60% of all practices, 2 out of 3 practices per week
 - Attends meet consistently throughout short course and long course seasons
 - i) Recommended attending a meet 2-3x per session
- Performance Standards: -
 - 25 Freestyle and 25 Backstroke independently
- Behavior
 - Align with TIDE Swimming's vision and values
 - Follows all practice and pool rules
 - Ability to learn in a group setting
 - Eager and motivated to swim and learn new things at every practice s/he attends