

TIDE Age Group Progressions

The following are TIDE's Age Group level 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, participating in highest meet eligible for, attending travel trips, performance standards, mental/emotional readiness, etc. These are great talking points for coaches when talking to families/athletes and are considerations. 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 SC/LC year. Mid-year move-ups should be coach-recognized outliers, not norms. There are slight programming differences between sites based on school schedules, overall number of swimmers in the program, and pool capacity/availability. Over the course of a four year quad we anticipate that these standards will elevate year to year.

TIDE Athlete Behavior and General Meet Expectations:

- Attend the highest level of meet the athlete is qualified for
- Portrays and displays the TIDE Values and Behaviors on a daily basis.
- Self Accountability: Practice behavior and performance is not dependent on coach/consequences
- Start practice on time - on deck when coach asks, and in the water at start time
- Communication on any changes to schedule or future absences (Attendance standards remain applicable)
- Hustle on deck and into water when late

Group Specifics:

14U Age Group Gold

14U AGG is the highest level Age Group program on the team, and is composed of middle school aged athletes (12-14 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 Great Bridge & Portsmouth sites this group is combined with swimmers 11-14 years old - 11-12s are expected to meet 12U standards, 13-14 are expected to meet 14U standards. (Princess Anne, Great Bridge & Portsmouth)

- 1) Practice Attendance - 85%
 - Attending all coach recommended meets - 1 meet monthly. Will attend the highest meet qualified for.
- 2) Performance Standards:
 - 4x 13-14 "A" cut
- 3) Training maturity, stroke proficiency, practice effort, test set accomplishment and coach's recommendation are required for this group.

12U Age Group Gold

12U AGG is composed of middle school aged athletes (11-12 yrs old). Athletes in this group are making the sacrifice that swimming, family, and school are their main priorities. These swimmers have qualified for AGC and are working to obtain more cuts. 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. (Princess Anne)

- 1) Practice Attendance: 80%
 - Attending all coach recommended meets - 1 meet monthly. Will attend the highest meet qualified for.
- 2) Performance Standards:
 - 3x 11-12 “A” cut and 1x 11-12 AGC cut
- 3) Training maturity, stroke points, practice effort, test set accomplishment and coach’s recommendation are required for this group.

14U Age Group Silver

14U AGS is composed of middle school aged athletes (13-14 yrs old) who swim competitively, year-round. 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 toward achieving age appropriate time standards while attending swim meets on a monthly basis, rarely missing. At Great Bridge & Portsmouth sites this group is combined with swimmers 11-14 years old. (Princess Anne, Great Bridge & Portsmouth)

- 1) Practice Attendance: 70%
- 2) Performance Standards:
 - a) 3x 13-14 B times
 - i) Competes in all IMX events (200 Free, 200 IM, 100 Fly, 100 Back, and 100 Breast) and eligible events for age range.
- 3) Training maturity, stroke proficiency, practice effort, test set accomplishment and coach’s recommendation are required for this group.

12U Age Group Silver

12U AGS is composed of athletes ages 10-12. This group is designed for athletes who wish to train year round and 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 toward achieving age appropriate time standards while attending swim meets on a monthly basis, rarely missing.

At Great Bridge & Portsmouth sites this group is combined with swimmers 10-14 years old. (Princess Anne)

- 1) Practice Attendance: 70%
- 2) Performance Standards:
 - 6 x 11-12 B times or 9-10 'A' times
- 3) Training maturity, stroke proficiency, practice effort, test set accomplishment and coach's recommendation are required for this group.

14U Age Group Bronze

14U AGB is composed of middle school aged athletes (11-14 yrs old) and is a combination of committed swimmers who have not yet reached their performance goals and recreational swimmers who are committed to swimming several times a week. Swimmers are training year round, working toward achieving their first time standards, and compete in a wide variety of events. At all sites 11-12 yr olds & 13-14 yr olds are combined in one group. (Mt. Trashmore, Great Bridge & Portsmouth)

- 1) Practice Attendance: 60%
 - a) Below 60% attendance will be considered through coach recommendation only.
- 2) Performance Standards:
 - a) Time of Record in all 50s of stroke, 200 free & 200 IM.
- 3) Training maturity, stroke proficiency, practice effort, test set accomplishment and coach's recommendation are required for this group.

10U Age Group Bronze

10U AGB is composed of upper elementary school swimmers (ages 8-10). It is the first level of the TIDE Age Group Program - swimmers are making a bigger commitment to swimming and beginning to set goals for themselves. Swimmers are training year round, working toward achieving their first time standards, and competing in a wide variety of events. (Mt. Trashmore)

- 1) Practice Attendance: 60%
 - Below 60% attendance will be considered through coach recommendation only.
- 2) Performance Standards:
 - 1x 9-10 B times, Time of Record in all IMR events (all 50s of stroke, 100 free, 100 IM)
- 3) Training maturity, stroke proficiency, practice effort, test set accomplishment and coach's recommendation are required for this group.