TIDE Developmental Group Progression

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, it is a very important component of how swimmers progress through the TIDE 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!

TIDE Athlete Behavior and General Meet Expectations:
- Portrays and displays the TIDE Values and Behaviors on a daily basis. Learning team cheers.
- Swimmers wear a cap/goggles daily and are responsible for bringing their equipment.
- Start practice on time - on deck when coach asks, and in the water at start times
- Readiness/willingness to learn new things and accept coach instruction
- Understanding of "legal" aspects of strokes and ability to learn from mistakes/DQ
- Able to learn in a group setting with good listening and behavior skills.
- Willingness to participate in meets throughout the year and motivated to improve.

Group Specifics:

Developmental Gold
Developmental Gold is the highest level of the Developmental program and a stepping stone into our Age Group Program. This group is composed of upper elementary school athletes (7-10 yrs old). Swimmers are introduced to swimming sets that combine skills and whole stroke swimming with intervals. Swimmers are learning what time standards are and how to achieve them. The commitment begins to shift from low to high depending on the swimmer's age, love of the 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. (Mt. Trashmore & Greenbrier)

1) Recommended Practice Attendance -
   - 70% - 3 of 4 practices a week
2) Performance Standards:
   - Legal Time of Record in 50s of each stroke (Free, Back, Breast, Fly)
   - Legal Time of Record in 100 IM, 100 Fr, 100 Bk
3) Meet Performance:
   - 1 meet per month - including age appropriate multi-day meets
   - Attending end of season Championship meets

Developmental Silver
Developmental Silver is the middle level of the TIDE Developmental program and is considered a year-round group. This group is composed of swimmers ages 6-8 or 9-10 year olds. 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 and drills for each stroke are learned and reviewed throughout the year with increased full stroke swimming and proficiency as the season continues. While in Silver, swimmers should aim to be at as many practices as possible throughout the week and attend meets consistently throughout the year. (Hilltop & Greenbrier)

1) Recommended Practice Attendance:
   ○ 2 out of 3 practices
2) Performance Standards:
   ○ Legal Time of Record in 25s of each stroke (Free, Back, Breast, Fly)
   ○ Race Skills: Freestyle flip turns & racing dive
3) Meet Performance:
   ○ Attends meets consistently through both Long Course and Short Season

Novice
Novice is the introductory level for the TIDE Swimming Developmental program. This group is composed of 5-8 or 9-10 year olds and is working on developing the fundamentals of each stroke. The group mainly focuses on freestyle and backstroke, with introductions to butterfly and breaststroke. In this group, there is emphasis on swimmers attending practices and age appropriate meets consistently throughout the session. (Hilltop & Greenbrier)

1) Recommended Practice Attendance:
   ○ 2 out of 3 practices
2) Performance Standards:
   ○ 2x25 Free (w/ side breathing)
   ○ 2x25 Backstroke
   ○ 2x25 flutter kick with a board and on back (in a streamline or arms by side)