



Understanding Move Up / Move Down at COM Aquatics

At COM Aquatics, our mission is simple: **we create life-changing environments where success is certain.**

Our training philosophy is rooted in long-term athlete development and is shared across our entire coaching staff. One of the ways we support this mission is by placing each swimmer in the practice group that best matches their **skills, readiness, maturity, and daily training habits**. Correct placement allows swimmers to build confidence, develop properly, and enjoy the sport long-term.

How We Organize Practice Groups. Practice groups are organized by **age, ability, readiness, maturity, and daily training habits**. This structure allows swimmers to train with peers who have similar technical skills and training needs.

How Move Up Decisions Are Made. Move Ups typically occur **twice a year between seasons**, or individually when a swimmer clearly demonstrates readiness.

Moving up is **not a reward**, and staying in the same group is **not a setback**. Our goal is correct placement for long-term success.

Here are the move up requirements for our groups:

Dev 2 to AGW, AGB1, AGG1 - legal 100 IM - must be confirmed by the move up coach

AGB1 to AGB2 - 8x75 free on 1:20

AGG1 to AGG2 - 8x100 free on 1:30

Senior 1 to Senior 2 - 8x100 on 1:25 + 1 15-16 BB times

Senior 2 to Select - 8x100 on 1:20 + 2 15-16 AA times

A successful Move Up is one where the swimmer fits into the new group right away. Moving up before a swimmer is ready often leads to frustration and loss of confidence. **Testing sets are just one piece of the picture.** We do not move a swimmer into a higher-level group based solely on performance during a single testing day. A Move Up requires the ability to train at that level **consistently**, not just meet the standard once.

If a Swimmer Is Not Yet Ready. If a swimmer does not move up, it simply means more time is needed to strengthen specific skills. Every athlete develops at their own pace, and building a strong foundation now supports greater success later.

Understanding Move Down Decisions. At times, a swimmer may temporarily move to a group with lighter training. This is a supportive decision that can help rebuild fundamentals, reduce stress, and restore confidence. A Move Down is not a setback — it is an adjustment made in the swimmer's best interest.

How Parents Can Help. Your support makes a big difference. You can help by focusing on effort and progress, not group labels; encouraging strong practice habits; and reinforcing that development—not moving up—is the real goal. As we remind our swimmers every day: **Trust the Process.**

If you have questions about group placement, please reach out to the coaching staff. We are always happy to discuss your swimmer's development.

Thank you for being part of the COM Aquatics family!

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Common Questions About Move Up / Move Down

1. Why didn't my swimmer move up?

Move Up decisions are based on technique, training readiness, practice habits, and emotional maturity. If a swimmer did not move up, it usually means more time is needed to develop specific skills.

2. What does my swimmer need to improve to be considered for the next group?

Coaches can provide clear goals such as improving technique, stronger turns and underwaters, better consistency, or the ability to hold intervals. Please ask your coach for specific feedback.

3. Why did another swimmer move up but mine did not?

Each swimmer is evaluated individually. Decisions are based on readiness, not comparison.

4. When is the next opportunity to move up?

Formal reviews happen twice a year, though individual Move Ups can occur when readiness is clearly demonstrated.

5. If my swimmer ages up, do they automatically move up?

No. Aging up is one factor, but skill level and readiness must still be demonstrated.

6. What if my swimmer feels disappointed?

These feelings are normal. Encourage focus on daily improvement and effort. Progress in swimming is not always linear.

7. Can a Move Down hurt my swimmer's development?

No. A Move Down is a supportive decision and often helps swimmers return stronger.

8. Can I request a meeting to discuss placement?

Yes. Please contact your coach to schedule a time outside of practice hours.

9. How much does attendance matter?

Attendance is not required for a Move Up. However, consistent attendance plays a significant role in a swimmer's ability to be successful in a more challenging group.

10. How can I best support my swimmer?

Celebrate effort, encourage good habits, and reinforce our team mindset: **Trust the Process.**