

YDSC 2021-2022 Swim Team Group Placement Evaluation

Revised Sept.2021

YELLOW:

- Must be able to swim safely in deep water.
- Must be able to swim 25 yards Freestyle with rotary breathing.
- Must be able to swim 25 yards Backstroke.

BLUE:

- Must be able to swim safely in deep water.
- Must be able to swim 25 yards Freestyle with rotary breathing.
- Must be able to swim 25 yards Backstroke legally.
- Must be able to swim 25 yards Butterfly legally.
- Must be able to swim 25 yards Breaststroke legally.

GREEN:

- Must be technically proficient in all four (4) strokes.
- Must be able to swim a 200-yard Individual Medley without stopping.
- Must be proficient in short (open turns) and long axis (flip turns) turns and be able to perform a basic breaststroke pull-out.
- Must meet requirements for USA Swimming certified racing starts.
- Must have competed in all 4 strokes in a meet

Performance Requirements:

10 & Under	100 Free	50 Back	50 Breast	100 IM		
11 & Over	200 Free	50 Back	50 Breast	50 Fly	100 IM	200 IM

ADVANCED:

- Must be technically proficient in all four (4) strokes.
- Must be able to swim a 200 Individual Medley without stopping.
- Must be technically proficient in all starts, turns and breaststroke pull-outs.
- Must be proficient in the underwater dolphin kick.
- Must be able to read basic workout sets and clock intervals independently.

Performance Requirements:

10 & Under	200 Free	100 Back	100 Breast	100 Fly	200 IM
11 & Over	400/500 Free	100 Back	100 Breast	100 Fly	200 IM

Must be able to swim:

- 10x50 Free on 1:00
- Kick 10x50 on 1:10
- Swim 4x100 IM on 2:45

ELITE:

- Must be able to understand all training sets, terminology, drills and interval reading.
- Must be technically proficient in all starts, turns and breaststroke pull outs.
- Must excel in performing the underwater dolphin kick.
- Must be able to read all workout sets and clock intervals independently.

Performance Requirements:

12 & Under	200 IM NAG A Time	NAG A Time Event:	NAG A Time Event:		
13 & Over	400 IM NAG AA Time	NAG AA Time Event:	NAG AA Time Event:		

Must be able to swim

- Swim 10x50 Free on :55
- Kick 10x50 on 1:00
- Swim 4x200 IM on 4:00
- Kick 10x25 under water dolphin with fins on :45
- Swim 500 free nonstop

SENIOR:

- Must be able to swim a 400 IM and 1000 Free without stopping.
- Must be technically proficient in all strokes, starts and turns, including the breaststroke pull out.
- Must excel in performing the underwater dolphin kick.
- Must be able to read all workout sets and clock intervals independently.

Performance Requirements:

- o Swim 10x100 Free on 1:20
- o Kick 10x50 on :50
- o Swim 3x400 IM consecutively on 8:00
- o Kick 10x25 underwater dolphin with fins on :30 no breath.
- o Swim 1000 Free without stopping

- o Must be working with the head coach to consistently achieve the next motivational time standard for their age.
- o Work towards National Age Group AAA and AAAA times in more than one stroke.