

	Development 1 (Dev 1)	Development 2 (Dev 2)	Age Group (AG)	Junior 1 (Jr 1)	Junior 2 (jr 2)	Seniors
Practices / Week	2-3/wk for 60 min	2-3/wk for 60 min	3-4/wk for 90 min	4 -5/wk for 120 min	4-5days/wk for 120 min	5 - 6 days/wk for 120 min
Description of Grp	New to competitive swimming; May have completed lessons; Goal to start learning swim language and competitive elements	New to competitive swimming, may have completed Dev 1 or lessons. Swimmer gaining independence to execute sets, learning	Group refines strokes (has a base level in all 4) and increases endurance, begins focusing on fine-tuning technique, turns, and starts	For the competitive swimmer, the goal of this group is to continue increasing endurance and fine-tuning techniques including race strategy, starts, and turns.	This group is ready for more yards and shorter interval times, and continues to have intense practices. This group will continue to fine-tune technique while building strength and endurance	For the swimmer whose primary sport during the season is swimming. This group has strong technique and leadership and personal swimming goals.
Group Requirements						
Other Prerequisites:	Coach evaluation for team readiness	Exhibits good listening and independence to execute practices	Dev2+Socially, emotionally ready for higher demand. Swimmer gaining experience and exhibits etiquette necessary for AG	AG+Ready for a higher intensity and commitment. Shows leadership, goal-orientation, and supports all swimmers	Jr 1+ ready for more intense practices by yard and times	
Stroke Reqs	1-2 strokes legally	Ability in all 4 strokes, may not be legal in all 4	Dev 2+ close to legal on 4th stroke	AG + Legal in all 4 strokes	JR 1+ working on strong streamline and breakouts	Jr2+strong technique
Endurance, Time, and set requirements	1-2 length nearly continuously	200 continuous with flip turns	*500 in under 12 min using streamline and flip * 2:30 on IM sets	*500 free < 9 min *100 Free sets on the 1:45 *100 IM sets on the 2:15	*500 free < 7:30 *10x100 free on 1:30 *10x100 IM on the 2:00 * 200 IM sets on 3:30	*10x200 IM on 3:00 OR *20x100 free on 1:20 *10x100 IM on 1:40
Start Requirements	None	Willing to try dive starts	Dev 2+ Working toward proficiency, race starts, relay starts, backstroke start	*Working toward proficiency on all starts, including relays	Proficient in all starts	Proficient in all starts
Turn Requirements	None	Flip turns consistently	Working on all turns legally + IM transitions Flip turns consistently	All legal, fine-tuning turn and finish	Proficient in all turns	Proficient in all turns
Goals to Advance/Progress to next group						
Group Graduation Goals	*Consistently execute free and back legally *Working on flip turns consistently *Close on 3rd & 4th strokes; willing to try block starts *Gaining independence necessary for dev 2 practice	*Consistently legal in 3 strokes; close on 4th *Working to develop streamline, dive starts *Consistent flip turns *working on legal open turns *Demonstrated etiquette for AG (eg. lane etiquette, circle swimming, listening)	*Willing to try competition *Executes all 4 strokes legally consistently *Demonstrate ability to meet JR1 set req *Consistently meets 1:45 interval free sets *Demonstrates leadership, teamwork, maturity, and practice etiquette necessary for JR 1	Consistently meets: *200 IM sets on the 3:30 OR *500 free < 7:30 *10x100 free on 1:30 *10x100 IM on the 2:00 *Demonstrated ability to complete Jr 2 sets by yards/interval times	Consistently meets: *3:00 on 10x200 IM sets or *20x100 Free Sets on the 1:20 and *10x100 IM sets on the 1:40 + *Demonstrated ability to complete Sr Sets	TBD as required
Graduation test set/period	*Continuous 200 free *Ability to complete Dev 2 sets based on swim-up period	*500 nonstop <12 min with consistent flip turns *Ability to complete AG sets based on swim-up period	*500 nonstop in <9 min *100 frees sets on the 1:45 or * 5X100 IM on 2:15 on IM Sets *Ability to complete Jr 1 sets based on swim up period and/or completion of high school season	*Meets Jr 2 sets regularly, demonstrated by completing a swim-up period successfully	*Meets Sr level requirements for endurance and speed AND ready for higher level commitment (i.e. more days/week) by age & strength. *Completes a swim-up period successfully	TBD as required
	Note: Swimmers may meet some or all, all decisions on group placement are made by coaches.					
	*May be subject to change					