



Florida Atlantic Aquatics Levels System

Gray I / SST 1 *(advancement criteria)*

Technical

- *can verbalize and demonstrate, with basic proficiency, the skills presented for Freestyle and Backstroke on the Stroke Scorecards*
- *streamlines off walls (knows "T" to an "I")*
- *does not breath off wall when performing freestyle (understand the "5,5,5" concept)*
- *demonstrates an understanding of opposites as they apply to swimming all four strokes, ("pop the shoulder" "boil left, middle, right", "seesaw", "press the chest", etc.)*
- *can swim 25yd of long axis competitive strokes with reasonably correct rhythm and breathing*
- *can execute a legal racing start*
- *can execute a legal freestyle and backstroke flip-turn*
- *can explain and somewhat demonstrate short axis strokes*

Tactical

- *begins a sprint freestyle race with a good streamline and without breathing the first three (3) strokes*
- *finishes a freestyle race without breathing from the flags into the wall*

Physiological

- *can complete the full practice session*
- *can swim freestyle continuously for ten (10) minutes without breaking form*
- *can successfully complete the following: cc as r*

SWIM 25 YARDS OF FREE AND BACK (PROPER FORM)

Psychological - Basic Positive Interpersonal Skills

- *the swimmer is ready when practice begins*
 - *...ssxs zzz Cc lcp z z z talk when the coaches are speaking & listens attentively to what they are saying*
- *the swimmer understands that proper conduct must be maintained and that failure to do so will result in consequences; all facility rules are also followed*
- *the swimmer learns how to use a pace clock, circle swim and works relatively well in a lane with his or her teammates*

Performance

- *has successfully attempted a 50 (yd or mtr) in Freestyle and backstroke in a sanctioned (AAU or USAS) competition and has successfully completed the training set exit requirements on appendix 1*

Gray II / SST II (advancement criteria)

Technical

- *can verbalize and demonstrate, with basic proficiency, the skills presented for Breaststroke and Butterfly on the Stroke Scorecards*
- *starts from block, executes legal turns for all four (4) strokes*
- *Swims a 100yd IM with legal technique, turns & transitions*
- *can execute legal IM transitions*
- *can execute an effective and legal relay start*
- *works on the underwater aspect of each stroke during workouts*

Tactical

- *has a demonstrated understanding that different races require different race strategies*
- *has utilized the underwater water portion of their race with success for all four strokes in a sanctioned competition*

Physiological

- *can swim freestyle continuously for twenty (20) minutes without breaking form*
- *can explain the basics of anaerobic vs. aerobic system of energy deliveries*
- *can successfully complete the following:
6 X 50 OF EACH STROKE (SWIM & KICK) WITH MINIMAL REST (10 SEC. MAX.) HOLDING FORM*

Psychological - Advanced Positive Interpersonal Skills

- *the swimmer understands that they are part of a team and has respect for teammates*
- *the swimmer listens to recommendations from coaches and willingly tries to make the appropriate corrections*
- *during practice the swimmer will:*
 - *leave on time during sets*
 - *start and finish at the wall*
 - *swim sets as they are designed (doesn't drill on fly sets, does proper turns, etc.)*
 - *swims the ENTIRE set (no walking on the bottom, sitting out...)*
 - *Accurately counts and computes distances*
- *the swimmer demonstrates a willingness to help pick up equipment at the end of a practice session*
- *the swimmer talks to the coach before & after each race, if possible*
- *treats teammates and coaches in the same manner he or she would like to be treated*
- *swimmer brings / shares report cards, or otherwise keeps coach current on school progress; he/she knows the importance of quality and hard work academically and completes assignments on time*
- *works well with training partners, even if not "best of friends" outside the team*
- *is not influenced by negative behavior / actions of teammates or peers*

Performance

- *has successfully attempted a 100 (yd or mtr) in every stroke as well as a 100 IM and 200 freestyle in a sanctioned competition*
- *has achieved at least one of the following times in an AAU or USAS meet:*
 - Sub :40 in a 50 yard Free*
 - Sub :45 in a 50 yard Back or Fly*
 - Sub :50 in a 50 yard Breast*

Blue I *(advancement criteria)*

Technical

- *swim 200yd IM with legal technique, turns & proper transitions*

Tactical

- *begins to discuss race strategies with his or her coach pre-event*
- *has demonstrated basic pacing within a sanctioned race*

Physiological

- *can successfully complete the Levels Advancement – Training Based sets with proper stroke technique & use of walls*

Psychological - Achievement Drive & Self-Awareness

- *demonstrates a compelling desire to overcome obstacles to accomplish something worthwhile*
- *understands why setting goals are important and begins to set practice and performance objectives*
- *displays a willingness to make changes and work hard to meet their stated goals*
- *understands and accepts individual differences in physical size within an age group*
- *understands & demonstrates the difference between tense and relaxed muscles and can identify past situations where both have been present*
- *can describe the prescribed "perceived exertion" targets for each of the five (5) energy zones*
- *knows why effective energy zone training helps performance*
- *knows how and why we monitor Heart Rates*

Performance

- *has achieved at least two (2) USAS 10&U "B" Time Standards for their gender or has successfully completed the training set exit requirements below:*
 - 4 X 200 on 3:50 - IM*
 - 7 X 100 on 2:15 - Kick*
 - 10 X 100 on 1:45 - Free*

BLUE II / SENIOR *(advancement criteria)*

Technical

- *uses walls effectively when performing all strokes, in practice & in races*
- *Scores at least 80% on all stroke using the Stroke Scorecards*

Tactical

- *understands the concept of stroke rates (tempo) and tries to practice & race with tempo in mind*
- *shows a willingness to implement their own race strategy even when others in their heat swim their race differently*
- *always tries to see the coach post race to get feedback on race*

Physiological

- *can successfully complete the Levels Advancement – Training Based sets with proper stroke technique & use of walls*

Psychological - Productive Thinking & Self Efficacy

- *begins to properly use visualization and imagery in a positive manner*
- *understand the difference between positive and negative self talk and how they affect*

performance

- *understands that stress can come from negative self talk, faulty focus and “uncontrollables”*
- *understands and uses positive self talk / affirmations*
- *turns “I can’t” thinking into “I can”*
- *knows the difference between self confidence and self efficacy*
- *believes they have control over their performances and success levels*
- *learns not to base one own success on what others do or do not do*
- *drops unproductive perfectionism in favor of productive perfectionism*
- *is able to accept constructive criticism from coaches and make the appropriate changes in a positive manner*
- *Begins to utilize a journal to track their thoughts, feelings ad entire swimming journey*

Performance

- *has successfully attempted a 400 IM and 4/500 freestyle in a sanctioned competition*
- *has achieved at least two (2) USAS 11-12 "A" performance based time standards or has successfully completed the training set below:*
 - 6 X 200 on 3:20 - IM*
 - 8 X 100 on 2:00 - Kick*
 - 16 X 100 on 1:30 - Free*

National Development *(advancement criteria)*

Technical

- *swims all strokes faster with less strokes than as a BLUE II athlete*
- *Scores at least 90% on all stroke using the Stroke Scorecards*

Tactical

- *understands that there is a seasonal plan*
- *understands that early and mid season meets are part of that plan and uses those events to gain skills needed for season’s end*
- *has demonstrated the ability to negative split their race, energy-wise, in competition*
- *has learned to finish each race hard even if they are tired*

Physiological

- *can successfully complete the Levels Advancement – Training Based sets with proper stroke technique & use of walls*
- *can hold their own individual pace for sets designed in each energy zone*

Psychological - Arousal Regulation

- *learns to control anxiety and activation through relaxation techniques*

- *understands that they have their own individual zone of optimal arousal and learns ways to get them self there on command*
- *uses breathing and meditation techniques to reduce arousal*
- *can slow down heart rate and relax muscles on command*
- *uses breathing, wide vision, energizing imagery and energizing verbal cues to self-induce activation*
- *learns to transfer negative emotion and energy into positive energy to accomplish goals*
- *the swimmer learns to store away "excess" energy pre-event to use during performance*
- *learns to draw energy from the competitive environment*
- *the swimmer effectively paces him or herself appropriately, both mentally and physically, during competition and training sets*
- *learns to focus on what they are doing rather than how they are feeling when fatigue sets in*

Performance

- *has achieved at least two (2) USAS 15-16 "AAA" performance based time standards or has successfully completed the training set below:*

4 X 400 on 6:00 - IM

12 X 100 on 1:50 - Kick

24 X 100 on 1:20 - Free

and any one of the following sets...

24 X 100 on 1:10 - Free

24 X 100 on 1:20 - Back

24 X 100 on 1:30 - Breast

24 X 100 on 1:20 - Fly

What's Next? Welcome to the National Team!

The learning doesn't stop here. It becomes more individualized and focused on elite level performance and giving back to your teammates, team, sport and community. Here you will begin a new chapter that builds on the blocks you have internalized earlier as a successful age group swimmer. You will be a role model, learn how to handle the press and challenges of being in the spotlight... and you will live your life embracing all the aspects of true Championship Behaviors, day in and day out.