

Beaverton Area Aquatic Club Group Advancement

Age Group 2 to Age Group 1

1. Swim 300 Freestyle with bilateral breathing
3. 100 IM- all strokes done legally, demonstrate correct underwaters
4. Dolphin kick- working on body undulation with rhythmic motion
5. Legal flip turns, open turns, IM transitions and finishes
6. Streamline position off starts and turns
7. 2-3 underwater dolphin Kicks off every wall in streamline position
8. Dive from the side
9. Participate in at least 1 USA Swimming sanctioned meet per season
10. Attends minimum 60% of workouts
11. Coaches Recommendation

All swimmers need to be attending 3 workouts per week

Age Group 1 to Sr Prep 2

1. 500 Freestyle with bilateral breathing
2. 200 IM, all strokes and turns done legally, demonstrate ability to travel underwater at the start of each stroke by using the correct underwater kick or pull out.
3. Legal turns, finishes and Dives off blocks
4. Working at using 3-5 underwater dolphin kick off walls
5. Can read a pace clock and can demonstrate understanding interval training
6. Attends 70% of practices and competition
7. Coaches recommendation
8. Attending a minimum of 5 meets.
9. B times

Swimmers need to attend a minimum of 3-4 practices per week

Sr Prep 2 to Sr Prep 1

1. 1000 Freestyle with bilateral breathing
2. 400 IM- Demonstrating proper stroke technique in all 4 strokes, underwater travel as it pertains to each stroke and Legal IM transitions
3. 3 underwater dolphin kicks off all walls
4. Can read a pace clock and follow interval training
5. Swim meet and Practice attendance 70%

6. Must complete goal sheet and understand goal setting
7. Must compete in all eligible events for age group during the season
8. Training Performance criteria:
 - 6x100 Freestyle @ 1:50 Descend 1-3, 4-6. Must leave on correct interval without assistance and track all times
 - 4x100 Kick @ 2:15
 - 4x50 Prime Stroke Desc 1-4 @ 1:15, know all times and stroke count •
- 4x25 Prime stroke Fast Avg. @ :35, know all times and stroke count
9. Coaches Recommendation

Senior Prep 2 should be attending a minimum of 4 practices a week

Sr. Prep 1 to Senior 2

1. 1650 continuous freestyle
2. 400 IM- demonstrate correct stroke technique and turns throughout
3. Three Oregon "B" or 1 Oregon "A" time standard
4. Practice and meet attendance 80% At
5. 3-4 underwater dolphin kick off walls
6. Complete goal sheets with understanding of goal setting
7. Training performance criteria:
 - 10 x 100 Freestyle @ 1:25 holding breathing pattern and underwater
 - 8 x 100 Fl. K @ 1:50
 - 4 x 25 underwater dolphin kick without breath
 - 6 x 50 Prime stroke @ 1:00 descend 1-3, 4-6 know all times and stroke count
 - 4 x 100 IM @ 1:40
8. Understanding concepts of tempo (stroke rate) and distance per stroke (DPS) for every stroke
9. Coaches recommendation

Senior 2 should be swimming an average of 5 days a week, working towards 6 days a week to move to Senior 1

Senior 2 to Senior 1

1. Practice and Meet attendance 90%
2. Minimum of 3 Oregon "A" time standards
3. Understanding heart rate zones and ability to take, track and work within specific heart rate zones
4. Show and demonstrate consistent improvement or mastery of the majority of skills from lower groups

5. Understanding race pace training based off season goal times in specific events
Training Performance criteria:

- 12 x 100 freestyle @ 1:15 holding correct technique, no breath in and out of walls
 - 8 x 100 Fl. kick @ 1:35
 - 3 x 100 Prime descend 1-3 @ 1:40 tracking times, stroke cycles and heart rate
 - 8 x 50 Prime descend 1-4, 5-8 @ :55
 - 5x100 Freestyle fast avg. @ :10 sec rest
 - 4x200 IM @ 2:45 descend 1-4
 - 4-6 underwater dolphin kicks off all walls
6. Show and demonstrate consistent improvement or mastery of the majority of skills from lower groups
7. Coaches recommendation

Senior 1 should be attending 6 practice a week with an overall average of 90% season attendance

Practice Group Demotion

The swimmer under consideration

1. Has demonstrated that they are not willing to make the commitment level expected of the practice group.
2. Is not training successfully at a base interval for group expectations.
3. Is not challenging themselves to swimmers' fullest potential.
4. Creates distraction to other swimmers during practice.
5. Unwilling to continuously work towards personal improvement.

All of the above criteria are considered minimums and in no way guarantee a move up. Not only must a swimmer demonstrate skill based criteria, but must also show maturity and social ability to handle the workload and social aspects of the group. Athletes must demonstrate the ability to swim at the top of their group, being competitive and pushing the standard of the group to a higher level. The swimmer must have the coach's recommendation to be moved to the next group.

Conditional Move Up: If a swimmer meets at least half of the move up criteria they may advance to the next group on a conditional basis. Upon move up, the swimmer has one year to accomplish remaining skills in group criteria. At no time will a swimmer be moved without meeting at least half of the group criteria.