



Group	Technique Requirement	Skills Needed to Move to Next Level
Clinic 1-50 minute Practice a week	25 Free 25 Back	See age group requirements below
Age Group 1 2-1 Hour Practices a week Age 9 & Under	25 Free - with some rotational breathing 25 Back Able to demonstrate basic breast and/or fly	50 Free 50 Back Legal in Breast and/or Fly for a minimum of 25 yards
Age Group 2 2-1 Hour Practices a week Age 10 & Under	50 Free 50 Back Legal in Breaststroke and/or Butterfly	100 Free 100 Back 50 Breast 25 Fly 100 IM Understanding of Pace Clock & distances
Age Group 3 3-1 Hour Practices a week Age 9-12	100 Free 100 Back 50 Breast 25 Fly 100 IM Understanding of Pace Clock & distances	Options: *Remain in AG3 (under age 12) *Select - see requirements below and coach recommendation *Silver - if 13 for next season
Age Group Select 4 Practices a week Age 10-13	Completion of Acceptance Set Strong foundation in all 4 strokes Increased commitment to swimming and training Participation in Meets	Gold Test Set and Coach Recommendation
Bronze 3 Practices a week Age 11-14 *Equivalent to AG2	50 Free 50 Back Legal in Breaststroke and/or Butterfly	See AG3 and Silver requirements - based on age
Silver 4 Practices a week Age 13-18	100 Free 100 Back 100 Breast 50 Fly 200 IM Understanding of Pace Clock & distances Continuous Meet Participation	Gold Test Set and Coach Recommendation
Gold and Senior Age 13 & Up	Completion of Acceptance Set Increased commitment to swimming and training Participation in Meets	Coach Recommendation

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