

**Swim Team  
South Whidbey Stingrays  
Summer Placement/Advancement Criteria**

**Super Swimmers (6-8 yrs.)**

The Super Swimmer practice group is geared toward the swimmer who is new to swim team and is between the ages of 6-8. In this practice group, swimmers will learn the basic skills such as breath control, balance, kick, and timing of each of the 4 competitive strokes.

Swimmer must be able to swim 25 yards of freestyle, face in water with side breathing, 25 yards of backstroke and have some experience with breaststroke.

**Bronze (8-12 yrs.)**

The Bronze practice group is our developmental group geared toward swimmers between the ages of 8-12. Swimmers will learn the basic skills such as breath control, balance, kick, and timing of each of the 4 competitive strokes. They will be introduced to flip turns, pace clock and intervals.

Swimmer must be able to swim 25 yards of freestyle, face in water with side breathing, 25 yards of backstroke and have some experience with breaststroke and butterfly.

**Silver (11-18 yrs.)**

Swimmer is 11-18 years old and must be able to perform the following:

- swim 100 IM with no disqualifications
- can perform 6 x 50 free @ 1:15
- swim 50 yards of butterfly
- perform simple freestyle and stroke drills

Must have coach's permission to swim in this practice group.

**Gold (11-18 yrs.)**

Swimmer is 11-18 years old and must be able to perform the following:

- swim 200 yards of freestyle with flip turns
- swim 8 x 50 free @ 1:00
- can perform a legal breaststroke pullout
- perform more complex freestyle and stroke drills

Swimmer must have coach's permission to swim in this practice group.