

South Whidbey Stingrays Summer Placement/Advancement Criteria

Super Swimmer

The Super Swimmer practice group is 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.

Swimmers must be able to swim 25 yards of rudimentary crawl stroke, face in water with side breathing and 25 yards of rudimentary backstroke without stopping.

Bronze

The Bronze practice group is our developmental practice group geared toward swimmers between the ages of 8-10 who has had previous swim team experience. 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 and 25 yards of backstroke and have some experience with breaststroke and butterfly.

White

The White practice group is geared toward the swimmer who is new to swim team and is 11 years or older. 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.

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

Silver

Swimmer is 10-17 years old and must be able to perform the following:

- swim 100 IM with no disqualifications
- can perform 6 x 50 free @ 1:30
- swim 50 yards of butterfly
- perform simple freestyle and stroke drills

Must have coach's permission to swim in this practice group. Swimmers who are 9 and are able to perform the skills listed above can swim in Silver with Coaches permission.

Gold

Swimmer is 10-17 years old and must be able to perform the following:

- swim 200 yards of freestyle with flip turns
- swim 8 x 50 free @ 1:15
- 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.