

Sea Serpents Criteria to complete **Group 2**

Swimmer's Name: _____

Date: _____

Training

- 6 x 100 Free @ 2:00
- 10 x 50 kick @ 1:10
- Knows the following base intervals :30, :35, :40, :45, :50, :55
- Able to maintain speed and complete a 30-minute swim (non-stop)
- Finishes to the wall during sets and with legal performance for all strokes
- Finishes all sets and completes all practices

Technique & Stroke Progression

- Streamlines off the walls and past the flags and off all walls
- Executes flip-turns properly for all strokes & transitions
- Knows 2 drills per stroke and their purpose (also how to perform drills)

Cognitive Progression

- Swimmer is on time for practice and meets
- Properly warms up and down for each race
- Swimmer checks in with coach before and after every race

Character Development

- Swimmer is prepared to make a 4 practice per week commitment
- Performs to maximum effort in practice, to increase swimmer's aerobic capacity
Demonstrates the ability to balance school and other outside activities
- Accepts proper stroke technique instruction and works to improve with repetition
- Puts away all equipment
- Demonstrates sportsmanship by respecting competitors and by getting along with teammates regardless of their ability level

Competitive Progression

- Participates in monthly local swim meets (Sonoma, Marin, Napa, Vallejo)
- Swimmer is working on achieving goal times
- Uses goal sheet to set goals
- Participates in Swim-for-Funds

Promoted to Group 3: _____

Dues are: **\$160.00** per month.

Current Group 3 practice schedule: _____

Parent signature: _____

Date: _____

Please return this form to your coach