

Sebastopol Sea Serpents

Group 1 Development Criteria

Group Development & Move-Up Criteria
2026-2027 Swim Year



Swimmer's Name: _____

Evaluation Date: _____

Coach: _____

PREREQUISITE

- ☐ Continues to meet all Jr Serpents development criteria.

TRAINING

- ☐ Completes 6 x 100 Freestyle @ 2:00.
- ☐ Completes 10 x 50 kick @ 1:20.
- ☐ Recognizes base intervals of :30, :35, :40, :45, :50, and :55.
- ☐ Maintains speed during a 20-minute nonstop swim.
- ☐ Finishes every repeat at the wall with legal technique for all strokes.
- ☐ Completes all assigned sets during each attended practice.
- ☐ Attends a minimum of three practices per week on average.

TECHNIQUE & STROKE DEVELOPMENT

- ☐ Streamlines off every wall and past the flags.
- ☐ Executes proper turns and Individual Medley transitions.
- ☐ Knows at least two drills for each stroke, their purpose, and how to perform them correctly.

COGNITIVE DEVELOPMENT

- ☐ Arrives on time for practices and meets.
- ☐ Warms up and warms down properly for each race.
- ☐ Checks in with a coach before and after every race.

CHARACTER DEVELOPMENT

- ☐ Is prepared for a four-practice-per-week commitment.
- ☐ Performs with maximum effort in practice to develop aerobic capacity.
- ☐ Balances school and other outside activities with swimming responsibilities.
- ☐ Accepts technique instruction and improves through repetition.
- ☐ Organizes and returns all team equipment after practice.
- ☐ Demonstrates sportsmanship and respects competitors and teammates of all ability levels.

COMPETITIVE DEVELOPMENT

- ☐ Participates in monthly meets listed on the team schedule.
- ☐ Works toward individual goal times and uses a goal sheet.
- ☐ Participates in Swim 4 Funds.

RECOMMENDED PLACEMENT

- ☐ Continue in Group 1 — \$155/month
- ☐ Advance to Group 2 — \$165/month

Coach Signature: _____ Date: _____

COACH'S NOTES

MONTHLY DUES & PLACEMENT ACKNOWLEDGMENT I have reviewed the group expectations and acknowledge the placement selected above. I agree to the monthly dues associated with that placement. I understand that group placement and criteria are established by the Head Coach and may be revised based on attendance, readiness, training commitment, competitive goals, or program needs. Discounts and additional fees are governed by the 2026–2027 Year-Round Team Policies.

Parent/Guardian Signature: _____

Date: _____