

Sebastopol Sea Serpents

Group 2 Development Criteria

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



Swimmer's Name: _____

Evaluation Date: _____

Coach: _____

TRAINING

- ☐ Completes 8 x 100 Freestyle @ 1:45.
- ☐ Completes 8 x 100 Individual Medley @ 2:10.
- ☐ Completes 8 x 100 kick @ 2:10.
- ☐ Finishes all assigned sets and repeats at the wall.
- ☐ Maintains speed during a 30-minute nonstop swim.
- ☐ Streamlines past the flags off every wall.
- ☐ Attends a minimum of three practices per week on average.

COGNITIVE DEVELOPMENT

- ☐ Monitors heart rate during designated sets.
- ☐ Develops and applies individual race strategies.
- ☐ Demonstrates strong understanding of all four strokes, turns, starts, and finishes for racing.

CHARACTER DEVELOPMENT

- ☐ Maintains consistent attendance and arrives prepared to train.
- ☐ Remains focused and is not influenced by negative teammate behaviors or actions.
- ☐ Understands that practice habits are directly connected to performance and goals.
- ☐ Understands season planning and participates in goal setting.
- ☐ Listens to technique feedback and makes the recommended changes.
- ☐ Returns and organizes all team equipment after practice.

COMPETITIVE DEVELOPMENT

- ☐ Participates in goal-setting sessions and identifies focus events for each season.
- ☐ Develops mental resilience for racing and managing the highs and lows of the sport.
- ☐ Uses an individual preparation process, including visualization, warm-up, warm-down, and behind-the-block self-talk.
- ☐ Participates in required team meets and qualifying meets when the applicable time standard has been achieved.
- ☐ Participates in Swim 4 Funds.

NEXT-GROUP PLACEMENT

Coaches consider training ability, technique, competitive goals, attendance, and readiness for the commitment level of the next group.

RECOMMENDED PLACEMENT

- ☐ Continue in Group 2 — \$165/month
- ☐ Transition to Varsity Prep — \$175/month
- ☐ Advance to Pre-Senior — \$185/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: _____