

Sebastopol Sea Serpents

Jr Serpents Development Criteria

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



Swimmer's Name: _____

Evaluation Date: _____

Coach: _____

TRAINING

- ☐ Consistently able to complete 6 x 50 Freestyle @ 1:10.
- ☐ Consistently able to complete 6 x 50 kick @ 1:30.
- ☐ Completes a 10-minute swim nonstop and keeps track of laps.

TECHNIQUE & STROKE DEVELOPMENT

- ☐ Maintains stroke technique throughout practice.
- ☐ Knows at least one drill per stroke and how to perform them correctly.
- ☐ Understands distance per stroke and counts strokes per lap.
- ☐ Streamlines past the flags off each wall.
- ☐ Executes legal finishes for all four strokes.

Freestyle & Backstroke

- ☐ Executes legal flip turns in Freestyle and backstroke.
- ☐ Demonstrates correct side-kicking head and arm position.
- ☐ Maintains an effective backstroke arm pull throughout the stroke.
- ☐ Holds a streamlined position off every wall.

Breaststroke & Butterfly

- ☐ Uses correct breaststroke pull-breathe-kick-glide timing.
- ☐ Performs a legal breaststroke pullout.
- ☐ Demonstrates a proper butterfly body dolphin/press with an underwater kick and pulls forward to the surface.

Individual Medley

- ☐ Knows the Individual Medley stroke order.
- ☐ Executes legal fly-to-back, back-to-breast, and breast-to-free transitions.

CHARACTER & COGNITIVE DEVELOPMENT

- ☐ Is prepared for a three-practice-per-week commitment.
- ☐ Understands interval keeping and can follow common send-offs such as :30, :45, 1:00, and 1:15.
- ☐ Starts and finishes at the wall without walking on the bottom or stopping.
- ☐ Completes assigned sets from start to finish.
- ☐ Gives the coach full attention during instructions.
- ☐ Accepts technique feedback and attempts the requested changes.
- ☐ Returns all equipment after practice.

COMPETITIVE DEVELOPMENT

- ☐ Participates in all required team meets for skill and stroke development.
- ☐ Participates in Swim 4 Funds.

RECOMMENDED PLACEMENT

- ☐ Continue in Jr Serpents — \$135/month
- ☐ Advance to Group 1 — \$155/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: _____