

Sebastopol Sea Serpents

Pre-Team Development Criteria

Advanced Pre-Team | Readiness for Jr Serpents
2026-2027 Swim Year



Swimmer's Name: _____

Evaluation Date: _____

Coach: _____

TRAINING

- ☐ Completes 100 yards of Freestyle nonstop.

TECHNIQUE & STROKE DEVELOPMENT

- ☐ Pushes off correctly (sink, streamline, push) and streamlines to the flags.

Freestyle & Backstroke

- ☐ Performs three underwater dolphin kicks off the wall in streamline.
- ☐ Breaks out in Freestyle with the bottom hand and completes the first two strokes without breathing.
- ☐ Uses bilateral side breathing with a hold-bubbles-breathe pattern.
- ☐ Maintains proper head position and demonstrates shoulder and hip rotation.
- ☐ Demonstrates an effective elbow position during the pull.
- ☐ Performs flutter kick from the hips with straight legs and floppy feet.

Breaststroke

- ☐ Submerges the head during the glide and maintains a streamlined position.
- ☐ Demonstrates correct hand position during the pull and reach phases. (thumbs up/thumbs down)
- ☐ Wrists are straight (not bent) during pull phase
- ☐ Uses correct pull-breathe-kick-glide timing.
- ☐ Flexes the feet during the kick and points the toes during the glide.
- ☐ Finishes each lap with a simultaneous two-hand touch.

Butterfly

- ☐ Performs underwater dolphin kicks off the walls.
- ☐ Maintains a low, forward head position while breathing.
- ☐ Uses a two-beat dolphin kick with the feet together.
- ☐ Finishes each lap with a simultaneous two-hand touch.

CHARACTER & COGNITIVE DEVELOPMENT

- ☐ Listens to instructions and follows group and coach rules.
- ☐ Always performs circle-swimming when sharing a lane.
- ☐ Keeps track of lap counts and repetitions.
- ☐ Recognizes the pace clock and can follow 1:00 intervals.
- ☐ Returns team equipment at the end of practice.

COMPETITIVE DEVELOPMENT

- ☐ Participates in intrasquad and SSS-hosted meets to demonstrate stroke development.
- ☐ Participates in Swim 4 Funds.

RECOMMENDED PLACEMENT

- ☐ Continue in Advanced Pre-Team — \$125/month
- ☐ Advance to Jr Serpents — \$135/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: _____