

Sebastopol Sea Serpents

Pre-Senior Development Criteria

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



Swimmer's Name: _____

Evaluation Date: _____

Coach: _____

TRAINING

- ☐ Completes 10 x 100 Freestyle @ 1:30.
- ☐ Completes 8 x 100 dolphin kick with fins @ 1:30.
- ☐ Attends all scheduled Pre-Senior workouts.

COGNITIVE DEVELOPMENT

- ☐ Demonstrates high proficiency in technique corrections and optimal skills for all four strokes.
- ☐ Recognizes when to ask a coach for help making technique adjustments.
- ☐ Understands main sets and the importance of warm-up and warm-down.
- ☐ Actively learns the phases of training used to develop strong aerobic conditioning.

CHARACTER DEVELOPMENT

- ☐ Completes all assigned sets and encourages teammates to finish strong.
- ☐ Sets ambitious competitive goals, including Age Group Championships, Far Westerns, Sectionals, Futures, Junior Nationals, and beyond.
- ☐ Demonstrates leadership through actions and work with younger swimmers.
- ☐ Listens to all team coaches and attempts recommended improvements.
- ☐ Demonstrates self-motivation.
- ☐ Uses process goals to work toward outcome goals.

COMPETITIVE DEVELOPMENT

- ☐ Maintains perspective before major meets while managing competitive pressure and enjoying the sport.
- ☐ Knows and follows an individual race-preparation routine.
- ☐ Checks in with a coach after races to confirm what was achieved and learned.
- ☐ Applies an individual race strategy.
- ☐ Uses the mental-toughness packet and meet logs for reflection.
- ☐ Participates in all required team meets, events, and Swim 4 Funds.
- ☐ Achieves at least one current Pacific Swimming Senior Open time standard.

Current standards: [2026-2027 Pacific Swimming Senior Time Standards \(SCY\)](#)

RECOMMENDED PLACEMENT

- ☐ Continue in Pre-Senior — \$185/month
- ☐ Transition to Varsity Prep — \$175/month
- ☐ Advance to Senior — \$205/month

Coach Signature: _____ Date: _____

COACH'S NOTES

ATHLETE COMMITMENT I have reviewed the Pre-Senior Group expectations and understand the attendance, effort, communication, leadership, and personal responsibility expected of me. I agree to work toward these standards and communicate with my coach when I need support.

Athlete Signature: _____

Date: _____

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: _____