

Sebastopol Sea Serpents

Pre-Team Development Criteria

Foundational Pre-Team | Readiness for Advanced Pre-Team
2026-2027 Swim Year



Swimmer's Name: _____

Evaluation Date: _____

Coach: _____

WATER SAFETY

- ☐ Floats continuously on the back.
- ☐ Safely reaches a wall from any point in the pool.

TRAINING

- ☐ Completes one length of the small pool without stopping or using the bottom or lane lines for support.

TECHNIQUE & STROKE DEVELOPMENT

- ☐ Maintains a streamline (body position) for one length of the small pool.
- ☐ Floats on the stomach and back for at least five seconds.

Freestyle

- ☐ Completes one length of the small pool with a streamlined Freestyle kick.
- ☐ Performs catch-up Freestyle (drill with a hand tag).
- ☐ Finishes each lap with one hand.
- ☐ Uses bilateral side breathing with a bubble-arm/breathing-arm pattern.

Backstroke

- ☐ Completes one length of the small pool with a backstroke kick.
- ☐ Starts each lap on the back and remains on the back for the full length of the small pool.
- ☐ Uses a straight-arm recovery and pulls underwater.
- ☐ Pushes off each wall in a streamlined position on the back.

Butterfly

- ☐ Pushes off the wall in a streamlined dolphin kick.
- ☐ Moves both arms together over the water.
- ☐ Keeps the feet together for one length of the small pool with a dolphin kick (fins allowed).

CHARACTER DEVELOPMENT

- ☐ Follows group rules and coach instructions.
- ☐ Waits for teammates to finish and stays in the assigned lane.
- ☐ Cleans up team equipment they used at the end of practice.

COMPETITIVE DEVELOPMENT

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

RECOMMENDED PLACEMENT

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