South Whidbey Stingrays
Placement/Advancement Criteria

Super Swimmers (6-8 yrs.)

The Super Swimmer practice group is geared toward the swimmer who is new to swim team and is between the ages of 6-8. In this practice group, swimmers will learn the basic skills such as breath control, balance, kick, and timing of each of the 4 competitive strokes.

Swimmer must be able to swim 25 yards of freestyle, face in water with side breathing, 25 yards of backstroke and have some experience with breaststroke.

Bronze (9+ yrs.)

The Bronze practice group is our developmental group geared toward swimmers 9 years and older. Swimmers will learn the basic skills such as breath control, balance, kick, and timing of each of the 4 competitive strokes. They will be introduced to flip turns, pace clock and intervals.

Swimmers must be able to perform the following:

- legal Breaststroke
- 4 x 50 Free, RI=:15, without stopping
- 2 x 50 Back, RI=:15 without stopping
- Body Dolphin with legs together
- somersault

Silver (11-18 yrs.)

Swimmer is 11-18 years old and must be able to perform the following:

- swim 100 IM with no disqualifications
- flip turn
- can perform 8 x 50 free @ 1:15
- perform simple freestyle and stroke drills

Must have coach's permission to swim in this practice group.

Gold (11-18 yrs.)

Swimmer is 11-18 years old and must be able to perform the following:

- swim 200 yards of freestyle with flip turns
- swim 8 x 50 free @ 1:00
- 50 Yards of Butterfly
- can perform a legal breaststroke pullout
- perform more complex freestyle and stroke drills

Swimmer must have coach's permission to swim in this practice group.