

Beginner Warriors

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<u>Entrance Skill Requirement:</u>	<ul style="list-style-type: none">*Swim Freestyle a full length of the pool (25 yards) without stopping and show an understanding or ability of rhythmic breathing.*Swim Backstroke for a full length of the pool (25 yards) without stopping.*Demonstrates the ability to understand and perform a legal Breaststroke and Butterfly technique for a full length of the pool.*Shows good cooperation and openness to trying new things.*Has the ability to handle group settings.
<u>Group Standards:</u>	<ul style="list-style-type: none">*Must have the ability to listen well.*Must be respectful to coaches and their teammates.*Swimmers must attend Mini meets.*Must be able to attend dryland practices at least once a week.*Encouraged to attend a handful of club meets every season.*Must bring tennis shoes for dryland practices.*Embody the team's 3 major hashtags that illustrate our culture.*Must be able to embody the team's core values.
<u>Skills Expected to Learn:</u>	<ul style="list-style-type: none">*The fundamental structures of swimming techniques. (Streamlining, flip turns, and more)*Development of flexibility, agility, coordination, and balance.*Self-Discipline, self-confidence, and concentration.*The basic fundamentals and techniques of all 4 different strokes. (Free, Back, Breast, and Fly).*Learn rules for swimming meets and how to abide during meets.*HAVE FUN!

<p><u>Group Exit Requirements:</u></p>	<p>*Must demonstrate legal 50-yard swims during practice in all 4 strokes (Free, Back, Breast, Fly).</p> <p>*Must be able to swim sets during practice without stopping.</p> <p>*Must be a good listener and show self-desire to get to the next level.</p> <p>*Must show signs of ability level exceeding current level group.</p> <p>*Must be able to swim 100s in Freestyle.</p> <p>*Carries a positive attitude.</p> <p>*Shows signs of leadership among peers.</p> <p>*Must be able to show technical strokes.</p>
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Junior Warriors

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<p><u>Entrance Skills Requirements:</u></p>	<p>*Must demonstrate legal 50-yard swims during practice in all 4 strokes (Free, Back, Breast, Fly).</p> <p>*Must be able to swim sets during practice without stopping.</p> <p>*Must be a good listener and show self-desire to get to the next level.</p> <p>*Must show signs of ability level exceeding current level group.</p> <p>*Must be able to swim 100s in Freestyle.</p> <p>*Carries a positive attitude.</p> <p>*Shows signs of leadership among peers.</p> <p>*Must be able to show technical strokes.</p>
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Group Standards:

*Must be able to show good technique of strokes or show an understanding of them.

*Must be able to swim a 200 Freestyle with Flip turns without breaking form.

*Must be able to hold 10x25s in 1 minute. of a stroke that's not freestyle.

*All 4 strokes must be legal.

*Must consistently show good streamline and turns.

*Must be respectful to coaches and teammates.

*Must attend Mini-Meets

*Encouraged to attend a couple club meets throughout the season.

*Must be able to attend at least one dryland practice a week.

*Must bring running shoes for dryland practices.

*Must embody the team's 3 hashtags and our core values.

*Improving the fundamental structures of all 4 strokes.

*Developing and improving Starts and turns.

*Maximum development of motor skills, strengthening of major joints and muscle groups with dryland practices.

*Development of competitive spirit.

*Learning to understand time intervals for swim sets during practices and attempting to learn how to read the digital clock.

*Teamwork

*Heavy drill work.

Skills Expected to learn:

<p><u>Group Exit Requirements:</u></p>	<p>Must show an understanding of basic swim fundamentals (i.e., breathing pattern, time intervals, streamline, and starts both off the block and backstroke)</p> <p>*Must show eagerness to move up groups.</p> <p>*Excitement about being present every day.</p> <p>*Show signs of ability level exceeding the current group.</p> <p>*Must be able to swim 200s Freestyle without stopping.</p> <p>*Must be able to swim all 4 strokes legally at lengths of both 50 yards, and 100 yards in practice.</p> <p>*Able to successfully perform flip turns, backstroke turns, and open turns.</p> <p>*Must be present at all dryland and swim practices that they are able to attend.</p> <p>*Must be competing at meets regularly.</p> <p>*Be able to adapt and try new things with a positive attitude.</p> <p>*All Coaches involved and the Head Coach must approve the move.</p> <p>*Be able to perform the following Test Sets:</p> <ul style="list-style-type: none"> • 10x50s Free @1:00 • 100 IM all legal and technical • 4x100s Free @2:00 (make on 1:45 or faster) • All coaches involved must agree and approve the move.
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Performance Warriors

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<p><u>Entrance Skills Requirements:</u></p>	<p>*Must show an understanding of basic swim fundamentals (i.e., breathing pattern, time intervals, streamline, and starts both off the block and backstroke)</p> <p>*Must show eagerness to move up groups.</p> <p>*Excitement about being present every day.</p> <p>*Show signs of ability level exceeding the current group.</p> <p>*Must be able to swim 200s Freestyle without stopping.</p> <p>*Must be able to swim all 4 strokes legally at lengths of both 50 yards, and 100 yards in practice.</p> <p>*Able to successfully perform flip turns, backstroke turns, and open turns.</p> <p>*Must be present at all dryland and swim practices that they are able to attend.</p> <p>*Must be competing at meets regularly.</p> <p>*Be able to adapt and try new things with a positive attitude.</p> <p>*All Coaches involved and the Head Coach must approve the move.</p> <p>*Be able to perform the following Test Sets:</p> <ul style="list-style-type: none"> • 10x50s Free @1:00 • 100 IM all legal and technical • 4x100s Free @2:00 (make on 1:45 or faster) • All coaches involved must agree and approve the move.
<p><u>Group Standards:</u></p>	<p>*Must have the ability to listen well, be coachable, and show determination.</p> <p>*Must respect coaches and teammates.</p> <p>*Must attend a handful of club meets every season.</p> <p>*Must attend dryland practices at least twice a week.</p> <p>*Must embody the team's 3 hashtags and core values.</p>
<p><u>Skills Expected to Learn:</u></p>	<p>*Improving the fundamental structures of all 4 swimming techniques with starts and turns.</p> <p>*Maximum development of motor skills, strengthening of major joints and muscle groups through dryland.</p> <p>*Development of competitive spirit.</p> <p>*Reading pace clock.</p> <p>*Ability to think critically during practice</p> <p>*Ability to perform heavy drill work.</p> <p>*Grow and maintain confidence, focus, team spirit.</p> <p>*Introduction into goal setting.</p> <p>*Learning Distance per Stroke</p> <p>*Stroke count work</p> <p>*Discipline of not breathing off walls and performing good underwaters off walls with good breakouts.</p>

<p><u>Group Exit Requirements:</u></p>	<p>*Must be able to perform all swim fundamentals (breathing pattern, intervals, streamline, etc.)</p> <p>*Show excitement to be present every day!</p> <p>*Must be able to regularly train at a high level.</p> <p>*Must have a drive to get to the next level.</p> <p>*Must show signs of skills that exceed the former group.</p> <p>*Parents must have a meeting with coaches to get an understanding of the move in groups.</p> <p>*Athletes must have a 'WHY' for moving up groups.</p> <p>*Shows awareness of pull-outs, starts, and well-executed drills for each stroke.</p> <p>*Must be able to perform the following sets:</p> <ul style="list-style-type: none"> ● 8x50s Freestyle @:45 ● 8x50s Stroke @1:00 ● 5x100 Freestyle @1:30 ● Legally complete a 200 IM
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High Performance Warriors

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<p><u>Entrance Skills Requirements:</u></p>	<p>*Must be able to perform all swim fundamentals (breathing pattern, intervals, streamline, etc.)</p> <p>*Show excitement to be present every day</p> <p>*Must be able to regularly train at a high level.</p> <p>*Must show signs of skills that exceed the former group.</p> <p>*Parents must have a meeting with coaches for an understanding of the move in groups.</p> <p>*Athletes must have a 'WHY' for moving up groups.</p> <p>*Shows awareness of pull-outs, starts, and well-executed drills for each stroke.</p> <p>*Must be able to perform the following sets:</p> <ul style="list-style-type: none"> ● 8x50s Freestyle @:45 ● 8x50s Stroke @1:00 ● 5x100 Freestyle @1:30 ● Legally complete a 200 IM
<p><u>Group Standards:</u></p>	<p>*Ability to listen well.</p> <p>*Must be respectful to coaches and teammates.</p> <p>*Mini-Meets are highly recommended and USA Club meets are mandatory.</p> <p>*Goal Setting</p> <p>*Desire to become one of the best versions of oneself.</p> <p>*Must show team pride and support.</p> <p>*Must show up to all swim and dryland practices that they are able to.</p> <p>*Consistently performing good turns (flip turns and open turns)</p> <p>*Must show champion habits. (i.e., being on time, taking care of equipment, constant positive mindsets/attitudes.</p> <ul style="list-style-type: none"> ● 4x200IM @3:45 ● Repeatedly do 100s on at least 2:00 ● 10x50 @:50 ● 100s @1:25 or faster off the blocks
<p><u>Skills Expected to Learn:</u></p>	<p>*Importance of knowing splits and how to read splits.</p> <p>*Ownership of swimming and race strategy.</p> <p>*Goal Setting</p> <p>*Knowing their meet time, and practice times.</p> <p>*Knowing the difference between 100 pace, 200 pace, and 500 pace.</p> <p>*Sharpen knowledge of drills</p> <p>*Making a season plan.</p> <p>*Understanding athletic progression.</p>

<p><u>Group Exit Requirements:</u></p>	<p>*Must have a Flag cut or Senior Champs Cut.</p> <p>*Communication skills with parents and coaches.</p> <p>*Must have goals in and out of the water!</p> <p>*Must show desire to be an elite/national-level athlete.</p> <p>*Must understand the importance of goal setting and have goal meetings.</p> <p>*Must be regularly competing at a high level.</p> <p>*Desire to become the best version of oneself.</p> <p>*Must show team support.</p> <p>*MUST have a great attendance record for practices (swim & dryland).</p> <p>*Must show championship habits.</p> <p>*Embody the team's 3 major hashtags (WarriorWay, RisingAsOne, and FacetheRace).</p> <p>*Must be able to perform the following test sets:</p> <ul style="list-style-type: none"> • 6x50 free @:40 • 4x50 stroke @:50 • 4x100 Free @1:20
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Senior Group Standards & Requirements

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<p><u>Group Standards:</u></p>	<ul style="list-style-type: none"> *Must have the drive and internal motivation to strive to better themselves as a person, and athlete. *Overcome challenges and obstacles presented by coaches and swim environments. *Embody the team's 3 major hashtags (WarriorWay, RisingAsOne, and FacetheRace) *Must maintain a good Attendance Record: as many practices and dryland practices as possible and communicate with coaches if unable to attend. *Knowing and Understanding Splits and the importance of knowing splits *Goal Setting *Know your meet times and practice times. *Understands the difference between pacing (100, 200, and 500 pace) Is signing up for meets and consistently competing in USA Swim meets. *Must understand and know one's own fastest average splits. *Must be coachable and open-minded to new techniques and strategies. *Must show desire to be a year-round club athlete and not just seasonal. *Must always maintain a positive outlook and understand the long road of process. *Must have the ability to set good examples and not fall under bad influences. *Must exhibit leadership qualities and naturally inspire others to be their best. *Respects their teammates and their everyone's process and is always encouraging and uplifting teammates around them. *Race Pace swims during practices must consistently be within the range of Lifetime bests.
<p><u>Time Standards:</u></p>	<ul style="list-style-type: none"> *8x50s Free @:45 *8x50s Stroke @:50 *8x50s Weakest Stroke @1:00 *6x100s Free @1:30 *6x100s Stroke @1:45 *4x200s @3:15 *Fastest Avg. Time must be within 2-3 seconds from your lifetime best.

<p><u>Exit Criteria:</u></p>	<p>*Make 4x100s Free @1:20</p> <p>*Make 6x50s Free @:40</p> <p>*Make 4x50s Stroke @:45</p> <p>*Must be within a couple seconds of a FLAGS or Senior Champs cut for the coach to consider. *This criteria is entirely up to coach discretion*</p> <p>*Consistently be a leader in your lane.</p> <p>*Be able to stay on interval and keep your lane leaving on the correct interval time.</p> <p>*Be positively vocal and use your voice to inspire greatness towards people around you.</p> <p>*Have consistent attendance as well as excellent communication skills for any occasions where you cannot be at practice.</p> <p>o Parents communicating for you does not count as excellent communication skills.</p> <p>*Any more criteria will be communicated by the Senior Group Coach</p>
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Elite Warriors

***Moving from one group to another is always at the discretion of the coaches. The coaches will always have the final say in whether someone is fully prepared physically and mentally to move up into another group.**

<p><u>Entrance Skills Requirements:</u></p>	<ul style="list-style-type: none"> *Must have a Flag cut or Senior Champs Cut. *Communication skills with parents and coaches. *Must have goals in and out of the water! *Must show a desire to be an elite/national-level athlete. *Must understand the importance of goal setting and have goal meetings. *Must be regularly competing at a high level. *Desire to become the best version of oneself. *Must show team support. *MUST have a great attendance record for practices (swim & dryland). *Must show championship habits. *Embody the team's 3 major hashtags (WarriorWay, RisingAsOne, and FacetheRace). *Must be able to perform the following test sets: <ul style="list-style-type: none"> • 10x50 free @:40 • 10x50 stroke @:45 • 4x100 Free @1:15 or faster
<p><u>Group Standards:</u></p>	<ul style="list-style-type: none"> *Must have the drive to get to the next level. *Must be able to rise to occasions. *Overcome challenges and obstacles presented by coaches and swim environments. *Embody the team slogans (WarriorWay, RisingAsOne, and FacetheRace, why not us, keep rising, X) *Must go to at least 2 morning practices a week or communicate with the coach about extra work. *Knowing splits and understanding the importance of splits *Goal Setting *Know your meet times and practice times. *Different between 100, 200, and 500 pace. *Ability to have mature conversations *Always looking to make the team and teammates better *Must attend meets. *We not me mentality. *Leadership characteristics for teammates and FE. *MUST lead by example *Must help coaches create a positive, accountable culture of excellence. *Must be able to put desirables aside for long-term success. *Ownership.

<u>Skills Expected to Learn:</u>	<ul style="list-style-type: none"> *Visualizations *Crossover turns.
<u>Graduation Goals:</u>	<ul style="list-style-type: none"> *Set up well academically for college. *Set up well athletically for college. *Footprints in FE history *Developed proper skills and tools to help the student-athlete succeed beyond the program.

Elite O.V.

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<u>Entrance Requirements:</u>	<ul style="list-style-type: none"> *All of 'Elite Warriors Entrance Requirements' *Must have at least 1 Sectional Cut, or 4 Individual Senior Championship Cuts.
<u>Standards:</u>	<ul style="list-style-type: none"> *Must purchase an EOS membership for weight training. *Must attend all morning workouts and practices. *Must have the drive to get to the next level. *Must be able to rise to occasions. *Overcome challenges and obstacles presented by coaches and swim environments. *Embody the team's 3 major hashtags (WarriorWay, RisingAsOne, and FacetheRace) *Must go to at least 2-morning practices a week or communicate with the coach about extra work. *Knowing splits and understanding the importance of splits *Goal Setting *Know your meet times and practice times. *Different between 100, 200, and 500 pace.