

Swimmer Progression Chart

Group	Age Maximum	Stroke Skill	Swimming Speed	Cognitive Awareness
Red	10	Be able to swim all four strokes. Be able to attempt a flip turn. Be able to do an open turn.	None	Understand Circle swimming. Understand pushoff's. Understand lane spacing.
Maroon	11	All of Red group skills. Be able to swim all four strokes leagly in practice. Be able to perform all starts, turns and finishes leagly.	5x100 Fr @ 5:00 in 2:00	All of Red group. Be able to use the pace clock with knowledge of "top", "bottom" and quarter of hour increments. Be able to set season goals.
Black	12	All of Maroon group skills. Be able to maintain "good" stroke technique through out test set and practice. Be able to streamline off of each wall with with a proper break out for each stroke. Be able to swim all four strokes leagly in swim meets and practice.	5x100 Fr @ 5:00 in 1:45 5x100 IM @ 5:00 in 2:30	All of Maroon group. Know best times in 100 Fr and 50 Fr Be able to set time goals for events, and know when they are met. Then be able to set new ones. Be a supportive team member to other swimmers during practice.
Gold	18	All of Black group skills. Maintain good strokes at all times. Aggressive finishes in all races.	5x100 Fr @ 5:00 in 1:30 5x100 IM @ 5:00 in 2:00	All of Black group. Know best times in all main events. Be able to set monthly, stroke and season goals. Be able to take stroke corrections from a meet and apply them in practice.
Platinum	None	All of Gold group 90 % practice attendance per month.	5x100 Fr @ 5:00 in 1:15 5x100 IM @ 5:00 in 1:30	All of Gold group. Be able to maintain a meet plan, and adapt after a poor swim. Be able to attend a practice and self evaluate practice performance. Be able to set practice goals.