

These checklists are to be used to determine appropriate swimmer groups. Swimmer must be able to complete every item on the checklist in order to participate in that group.

Pre-Comp:

- High level of comfort in the water
- Able to swim 10yds of freestyle and backstroke

Bronze:

- Able to swim multiple 25s of freestyle and backstroke
- Able to perform flutter, breaststroke, and dolphin kicks with and w/o a kickboard
- A desire to improve and learn to race

Silver:

- Legal 50s of all 4 strokes
- Able to swim a legal 200 freestyle and 100 IM
- Able to perform a flip turn for freestyle and backstroke
- Able to dive off the blocks
- Able to circle swim in the lane and use a pace clock
- Able to perform key drills:
 - Freestyle: balance kick with fins, 12k switch, zipper, catch-up, fingertip drag
 - Backstroke: balance kick with fins, 12k switch, L drill
 - Breaststroke: Heel tag, 2k 1p
 - Butterfly: undulation drills, one arm

Gold:

- Legal 100s of each stroke
- Completed IMX, OSI B times in 1+ IMX event
- 10x100 @ 2:00 with good technique and turns
- 10x50 kick @ 1:20
- Consistent streamline and underwaters off the wall, ability to do breaststroke pullout
- Consistent attendance
- Able to perform key drills:
 - Freestyle: balance kick without fins, fist drill, single arm, overkick, double tap, paddlehead, rockets, front scull
 - Backstroke: balance kick without fins, catch-up, robot, single arm, double arm, cup drill
 - Breaststroke: breaststroke with a dolphin kick, windshield wiper scull, 321, cobra
 - Butterfly: dolphin dives, powerphase, angel, 1 fly 1 breast, 4 kicks 1 pull

Senior:

- Able to interval train for all strokes
- Interested in competition and improving technique
- Understands bucket and crossover turns
- NO issues with consistent streamline or underwaters off the walls
- Able to perform key drills:
 - Freestyle: underwater recovery, warrior, tombstone kick, mid scull, back scull
 - Backstroke: windmill, backstroke with dolphin kick, frankenstein kick, pizza
 - Breaststroke: deadstart, radical cobra, breaststroke with flutter kick, separation drill
 - Butterfly: power phase, angel, 4 kicks 1 pull, ability to swim fly with good breath and kick technique and timing

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Performance 3:

- At least 1 OSI state time
- 10x100 @ 1:45
- 10x50 kick @ 1:5
- 3x200 IM @ 3:30
- Able to interval train for all strokes
- Understands bucket and crossover turns
- NO issues with consistent streamline or underwaters
- Consistent practice attendance
- Injury free and coach's recommendation

Performance 2:

- Multiple OSI state times in respective age group
- 20x100 @ 1:30
- 10x50 kick @ 1:00
- 3x200 IM @ 3:15
- Consistent practice attendance
- Consistent completion of practices
- Injury free and coach's recommendation

Performance 1:

- Multiple OSI state times
- 20x100 @ 1:20
- 12x50 kick @ :55
- 3x200 IM @ 3:00
- Consistent practice attendance
- Consistent completion of practices
- Injury free and coach's recommendation