



## 2023 Team Progression

### GROUP MOVES:

1. Two (2) group moves will be made during the year (based on the school year August - June).
  - a. Phase 1 - August (Start of the Short Course Season)
  - b. Phase 2 - March (Start of the Long Course Season)
2. Group Time Standards are from USA Swimming National Motivational Times (i.e., B, BB, A, AA, AAA, AAAA).
  - a. These times are published every Olympic Year and are consistent for a four (4) year period.
  - b. Swimmers will not be moved down if new published times no longer qualifies them for the group; However, they will have new time targets in order to move up.
  - c. The best test set is swimming at a meet. Therefore, the best measure of how fast a swimmer can swim is their actual time from a race.
3. Group Move into a new Band
  - a. Example: 10 → AG
    - i. Phase 1 if swimmer turns 10 before September 1st
    - ii. Phase 2 if swimmer turns 10 before April 1st
  - b. Example: Green or AG → HS
    - i. Phase 1 - Swimmers will start practicing in the HS group once they have started 9th grade.
4. Group Move ups are not automatic.
  - a. Qualifying for a group allows for a two (2) week trial in that group to ensure the swimmer is ready and able to do what is required for the move up.
  - b. If all goes well during the trial period, the move will become permanent.
  - c. If the swimmer is not ready for the move, the coach will have a talk with the swimmer and parent to discuss what needs to be worked on to be ready for the next move opportunity.
  - d. Move downs, within a band, should be the exception.



# 2023 Attendance Expectations

## ATTENDANCE EXPECTATIONS:

### 1. Practices:

- a. The expectation for every group is to attend as many practices as possible. There is a strong correlation between attendance and performance. This expectation also takes into account that life happens and other life/school factors pop up during the season. Attending practices allows the swimmers to continually put racing principles into use, more often, allowing them to become second nature.
- b. Attendance will not be a primary factor used to determine readiness for a new group.

### 2. Meets:

- a. Attend as many meets at the group expectation level as possible
  - i. Green - Attend any meet that is hosted at Northside venues.
  - ii. White - Attend any meet that is hosted at Northside venues.
  - iii. Gold - Attend any meet that the team is attending in the San Antonio/Austin area.
  - iv. Navy - Attend all local meets & the highest end of the season meets you qualify for: STAGS, TAGS, Sectionals.
  - v. National - Attend all local meets & the highest end of the season meets you qualify for: STAGS, Sectionals, Futures, Junior Nationals, Senior Nationals, US Open, or Olympic Trials.
- b. If a swimmer is attending a prelim/final meet and qualifies for finals, it is expected that the swimmer participates in finals.