

# TIDE Senior Progression

The following are TIDE's Senior level group progression expectations and standards. The listed information is simply criteria which coaches look at in order to discuss or consider move ups - i.e attendance, participating in highest meet eligible for, attending travel trips, performance standards, mental/emotional readiness, etc. These are great talking points for coaches when talking to families/athletes and are considerations - immediate move ups are not an expectation.

## **TIDE Athlete Behavior and General Meet Expectations:**

- Attend the highest level of meet the athlete is qualified for
- Portray and display the TIDE Values and Behaviors on a daily basis.
- Self Accountability: Practice behavior and performance is not dependent on coach/consequences
- Start practice on time - on deck when coach asks and in the water at start time
- Communication on any changes to schedule or future absences
- Hustle on deck and into water when late

## **Group Specifics:**

### **National**

National is TIDE's highest level group on the team and is composed of high school aged athletes (14-18 yrs old). Athletes in this group are making the sacrifice that swimming, family, and school are their main priorities. Athletes in the group are single sport athletes focused on high performance in the sport of swimming.

1. Attendance
  - 100 percent practice attendance
  - 100 percent meet attendance
    - i. Travel experiences are an expected part of this group. Arrangements for missed school should be made in advance.
2. Standards met in meets
  - General:
    - i. Futures cut in any event is an automatic consideration for addition to this group. 4 x Sectional Cut is an auto consideration for 2024-2025 competition year.
    - ii. Qualifying for Finals at Sr Champs (preferably A/B)
  - 4(3) Speedo Sectionals cuts; full SR Champs Lineup
    - i. Parenthesis is for 2023-2024

### **Pre-National**

This group of high school aged athletes (aged 14-17) have been identified as potential National level athletes. They will prepare to move into the National group following a year or two in the Pre-National group. Athletes in the group are making the sacrifice that swimming, family, and school are their main priorities. Athletes in this group are single sport athletes focused on high performance in the sport of swimming.

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1. Attendance
  - 90 percent attendance
  - 100 percent meet attendance
    - i. Travel experiences are an expected part of this group. Arrangements for missed school are expected to be made.
2. Standards met in meets
  - General:
    - i. Futures cut in any event is an automatic addition to this group. Sectionals Cut is an auto consideration for next year.
    - ii. Working towards finaling at Sr Champs. Finaling at Age Group Champs
  - 4(3) Senior Champs Cuts, or 1(0) Sectionals Cut
    - i. Parenthesis is for 2023-2024

## Senior Gold

This group is composed of high school aged athletes (14-18 yrs old). Athletes in this group are acknowledging that swimming is a high priority for them and that they are willing to make the commitment to choose swimming when put in a position to make a choice over everything (with the exception of family and school). They are striving towards high performance in the sport of swimming and are working to continue their progression in the senior program.

1. Attendance
  - a. 80 percent attendance
  - b. 100 percent meet attendance
    - i. Travel experiences are an expected part of this group
    - ii. Arrangements for missed school are expected to be made
2. Standards met in meets
  - General:
    - i. Working towards the whole group achieving Senior Champs Cuts/Finaling at state meets.
  - 4 x 15-16 A times

## Senior Silver

This group is designed for high school aged (14-18 yrs old) athletes who wish to train year round and who do not wish to make the concerted commitment that higher level groups require but who still desire to swim at a higher level. They are acknowledging that they enjoy swimming, but they want to ensure it balances with other activities that they have going on - swimming will be a priority the majority of the time.

- 1) Attendance
  - a) 70 percent attendance
  - b) At least one meet per month
- 2) Standards met in meets
  - 4 x 13-14 BB times

# TIDE Senior Progression

## Senior Bronze

This group is designed for athletes striving to stay in shape for their high school teams or for those who wish to continue at a recreational level.

This group will only be offered as a Fall, Spring, and Summer session. There will be no Winter session (Dec 1 - Feb 29) offered. During the high school season, athletes will practice with their high school teams.

1. Attendance
  - a. No attendance requirement
2. Standards met in meets/Goals
  - a. No meet standards required
  - b. Goal for athletes: participation in meets with aim for Championship meet participation