

Tsunami Swim Team – 2016-2017 Season

Fundamentals to Main Tank Moving Up Policy



Fundamentals - Ages 5-6:

- Swimmers in this age group are **NOT** eligible to be moved up permanently to the main tank group
- This age group may participate in Main tank trials, which consist of 10-15mins. in lane 6 with one of their coaches. Participation in the deep water trials will be solely decided upon by the coaching staff.
- Expect your child to be tired during these short trials. The challenge places them outside of their comfort level and this in turn over time makes them a stronger more confident swimmer.

Fundamentals – Ages 7 and over:

- A swimmer in this age group may be considered as a candidate to move up group if he/she has, at the minimum, mastered the following:
 1. Can swim freestyle 2 lengths of the training pool without stopping or putting feet to the ground. The swim must be comfortable and without distress.
 2. Can kick 4 lengths of the training pool without stopping or putting feet to the ground in at least **two** different styles of kicking (flutter, whip, dolphin and/or back kick).
 3. Can demonstrate basic technique skills in at least one stroke (other than freestyle).
 4. Has shown personal motivation, listening skills and a willingness to positively participate in practices
- Once the above have been met, the head coach, current coach and receiving coach will meet to confirm that the decision is sound and that all the skills have been met.
- The swimmer will not be told until the head coach has communicated with the parents.
- At this point the decision to move up will be completed once parent/swimmer approval has been received.

Details:

- Children learn and assimilate skills at different pace. In addition children grow at different rates. Some children may have a well develop nervous system or coordination before others.
- There is absolutely no learning curve associated with swimming (or any sport) that can be used to predict when a particular child will be ready to move up groups.
- Please do not compare your child with any other, including siblings.
- When they are ready, they are ready.
- Our coaching staff will not push, coerce or 'make' any child do any of the skills. They will gently guide but ultimately it is up to the swimmer to demonstrate the skills.

Questions:

- Please direct **all** questions regarding training, comments and suggestions to the head coach: Veronique (250-724-1401 or tsun.swim.team@gmail.com).