**Fort Smith Tideriders Swim Team Group Requirements**

In order for swimmers to move up into the next group, they must complete the following requirements and demonstrate the necessary abilities. It is to your swimmer's advantage to strive for the next group, but they will only be moved up if they are mentally and physically ready. Moving up too quickly will have a negative reaction, and all group placement is decided by the coaching staff. The coaching staff will use the following requirements as a guideline in regards to group placement:

FAST Group:

* Swimmer must have some prior swimming experience such as swimming lessons
* Swimmers must listen to their coach at all times and be respectful to the coach and other swimmers. Coach may not be in water, so swimmers must be able to support themselves at all times.
* This group is designed as a transition from swim lessons to swim team, and is non-competitive
* Swimmers must be able to swim 12 meters unassisted.

Bronze Group:

* Swimmers must be able to swim 25 freestyle (with side breathing) and 25 backstroke without stopping
* Swimmers must be familiar with drills and how to dive off starting block
* Swimmers will be prepared for workouts, remain positive, and give their best effort each day
* Swimmers are expected to practice 2 times a week
* Swimmers encouraged to begin competing in local swim meets

Silver Group:

* Swimmers must complete this test set **with proper technique**:
  + ​10 X 50 freestyle @ 1:30
  + 4 X 100 freestyle @ 2:45
  + 8 X 25 flutter kick @ 1:00
* Demonstrate legal freestyle, backstroke, breaststroke, and butterfly
* Ability to follow instruction and work well with teammates and coaches
* Swimmers are expected to practice 3 times a week
* Swimmers are expected to compete in local swim meets

Gold Group:

* Swimmers must complete this test set **with proper technique**:
  + 10 X 50 freestyle @ 1:10
  + 5 x 100 freestyle @ 2:20
  + 200 IM without disqualification
  + 12 X 25 IM order kick @ :45
* Ability to perform all 4 strokes/turns legally and consistently at practice/meets
* Swimmers are expected to practice 3 times a week
* Swimmers are striving to qualify for Arkansas Age Group Championship meet

Senior Group:

\*In addition to the requirements of the previous group

* Swimmers are of high school age OR have qualified for a Sectional Level meet and demonstrate the mental and physical ability to train 2 hours per day, 5 days per week.
* Swimmers are attending morning practice AND evening practices.
* Senior swimmers are prepared and train to swim competitively in their respective high school.

**Required Equipment:**

**FINS**

**PULL BUOY**

**PULL BAND**

**PADDLES**

**MESH EQUIPMENT BAG**