

2025 SWIM TEAM REQUIREMENTS

Little Crocs:

No experience is needed but they should feel comfortable participating WITHOUT Mom or Dad. Parents/caregivers do NOT get in the water during the lesson. Little Crocs should be potty trained and able to let a coach know when they need to use the bathroom. Little Crocs are normally between the ages of 3 and 5. If you are not 100% sure your swimmer will complete the 6 and under requirements, please register them for little crocs, we can always move them up! This group is limited to 12 children (MAX 1:3 ratio)

6 and Under:

- swim a length of the pool (25 meters) of freestyle withOUT touching the side/lane line
 - swim a length of the pool (25 meters) of backstroke withOUT stopping/flipping to belly
 - attempt a dive off the side/block
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7 year olds:

- swim one length of the pool (25 meters) of freestyle WITHOUT touching the side/lane line and with rotary breathing (breathing to the side- not turning to their back for air) in under 40 seconds.
 - swim one length of the pool (25 meters) of backstroke WITHOUT stopping/flipping to belly under 40 seconds.
 - swim 2 laps (50 meters - no flip turn is required) stroke of their choice without stopping.
 - kick 1 lap (25 meters) with/without a kickboard. Kick is consistent the entire lap.
 - attempt a dive/jump off the block.
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8-10 year olds:

- swim one length of the pool (25 meters) of freestyle WITHOUT touching the side/lane line with rotary breathing (breathing to the side- not turning to their back for air) in under 35 seconds.
- swim one length of the pool (25 meters) of backstroke WITHOUT stopping/rolling to their belly under 35 seconds.
- swim 2 laps (50 meters - no flip turn is required) stroke of their choice without stopping.
- kick 1 lap (25 meters) with/without a kickboard. Kick is consistent the entire lap.
- dive off the block (does not have to be perfect but they have a basic understanding of a racing start)
- swim a lap of breaststroke OR butterfly (understands the stroke, might have a few minor mistakes but overall knows what it is supposed to look like)

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11-18 year olds:

- swim 2 lengths of the pool (50 meters) of freestyle with rotary breathing with an appropriate streamline, flip-turn, and finish in under 1 minute.
- swim 2 lengths of the pool (50 meters) of backstroke with an appropriate streamline, flip-turn, and finish in under 1 minute.
- swim 6 lengths of the pool (150 meters) using a stroke of their choice without stopping.
- kick 2 lengths (50 meters) freestyle without a board.
- racing start from the block.
- understands basic terminology of swimming, can read/understand a set written on the board and how to read a clock (when to go within the set)
- swim 1 length (25 meters) breaststroke with a correct streamline and finish.
- swim 1 length (25 meters) butterfly with correct a streamline and finish.