

Hilton Head Aquatics Training Group Criteria

Pre-Team

To be in Pre-team you must be able to swim a lap of freestyle and be able to float on your back.

Pre-Team to Nova

You must be able to swim a lap of freestyle and backstroke.

You must be able to demonstrate Butterfly and Breaststroke.

Nova to Bronze

You must be able to attend 3 out of the 5 practices a week.

You must be able to swim all four strokes legally.

The following training criteria must be met also met to be in the group.

10 x 50's Free kick on 1:30

10 x 50's Free swim on 1:10

1 x 200IM-Legal

10 x 25's Back on :45

10 x 25's Breast on :55

10 x 25's Fly on 1:00

Bronze to Silver

You must be able to attend 4 out of 6 practices a week.

The following training criteria must be met also to be in the group.

10 x 50's Free kick on 1:10

10 x 100's Free on 1:45

4 x 200IM's on 3:45

10 x 50's Backstroke on 1:05

10 x 50's Fly on 1:15

10 x 50's Breast on 1:15

Silver to Senior

You must be at least 13 years old and be willing to make 7 out of 8 practices a week.

The following training criteria must be met also to be in the group.

10 x 100's Free kick on 2:00

10 x 100's Free swim on 1:20

5 x 200IM's on 3:00

10 x 100's Back on 1:30

10 x 100's Breast on 1:40

10 x 100's Fly on 1:40

Hold 1:15 avg

Hold under 2:50

To be in Senior 2

You must be at least 13 years old.

Swimmers in this group may move into the Senior group if they are demonstrating great attendance and can meet the training criteria to be in the group.