



LSSC GROUP CRITERIA

Group 1

Coach: Kent Aitchison

Prerequisites

Swimmers must be:

- (1) At least 13 years of age or older (depending on the coach's discretion).
- (2) If a swimmer is under the age of 13 they must be able to:
 - Swim all four strokes proficiently (based on the coach's discretion).
 - Perform all seven turns successfully: fly, back, breast, free, fly-back, back-breast and breast-free (based on the coach's discretion).
 - Perform a dive off the blocks (based on the coach's discretion).
 - Use the pace clock proficiently and efficiently (based on the coach's discretion).

Group 2

Coach: Jenn Kabeary

Prerequisites

Swimmers must be:

- (1) At least 11 years of age or older (depending on the coach's discretion).
- (2) Able to swim freestyle (front crawl), backstroke (back crawl) and breaststroke competently (based on the coach's discretion).
- (3) Able to attempt butterfly (based on the coach's discretion).
- (4) Able to perform a dive off the blocks (based on the coach's discretion).

Group 3

Coach: Dwight Holmen

Prerequisites

Swimmers must be:

- (1) At least 8 years of age or older (based on the coach's discretion).

- (2) Able to swim freestyle (front crawl) and backstroke (back crawl) competently (based on the coach's discretion).
- (3) Able to swim breaststroke arms competently (based on the coach's discretion).
- (4) Able to attempt breaststroke kick and butterfly (based on the coach's discretion).
- (5) Able to perform "decent" dive off a block (based on the coach's discretion).

Group 4
Coach: Heather Dutton

Prerequisites

Swimmers must be:

- (1) At least 5 years or older.
- (2) Able to swim or kick 25m (1 length of the pool) on their back (based on the coach's discretion).
- (3) Able to swim or kick 10m (1 length of the pool) on their front (based on the coach's discretion).
- (4) Comfortable putting their face in the water (based on the coach's discretion).
- (5) Proficient at flutter kicking (based on the coach's discretion).

Recommended Prerequisite

- (1) Aqua Quest Level 4