

How a Swimmer is Placed in a Practice Group

Team YES! Aquatics of Houston coaches assign each swimmer to one of the practice groups based on a number of criteria. The criteria used during initial swimmer evaluations for joining Team YES! and swimmers moving from one group to another may differ. The following criteria are used to help the coaches in placements.

- **Technique** - A swimmer's level of proficiency in his/her stroke technique is one of the most important considerations during initial evaluation. Coaches look for this more than other criteria while evaluating a new swimmer.
- **Age** - Age is important, but it is not an overriding factor in the placement of the swimmer to a group.
- **Ability to Train** – The ability to train consistently is an important consideration. The swimmers ability to hold intervals and handle the training load of the group.
- **Performance Level** – While a swimmers performance at meets is important and helps gauge the progress of the swimmer. This is not a primary consideration for assigning a swimmer to a new group.
- **Attendance** – Attendance is very important in considering a swimmer for a group. The swimmers ability to attend practices and handle the level of dedication required to meet the criteria of that particular group. This includes attendance at both practice and meets.
- **Attitude** – Attitude is also very important when considering a swimmer for a new group. Do they enjoy practice? Do they want to be there? Do they show respect to there peers/teammates and coaches?
- **Sportsmanship** – Are they gracious in winning and losing? Are they courteous to others during practice? Can he/she handle the ups and downs, setbacks? Do they respect fellow swimmers for there accomplishments?
- **Maturity** – Maturity level in a group is also important. A swimmer must be able to relate to his/her peers on most levels in all groups.