

## Criteria for participation in Hurricanes Swim Club

**Pre-Competitive** – able to swim 25yds of freestyle and backstroke, and have a basic concept of breaststroke and butterfly

This team is for kids who are interested in becoming members of the Hurricanes Swim Club. No previous swim club experience is required. It includes introduction to swim team and practice schedule, circle swimming etiquette and lane send-offs. Swimmers will develop concept of racing start, relay starts and flip turns. Emphasis is on streamlining and proper kicking which lead to correct body position for proper stroke development, which is key at this level, even if only for short distance. Learning skills and performing them correctly are stressed rather than speed. Pre-Competitive team swimmers will be introduced to competitive meet atmosphere through inter-squad meets only. Attending these meets is required.

“Busting out” skills to qualify for Tier 3 – legal strokes and turns in three of the four competitive strokes, 50yds of freestyle and backstroke, 25yds breaststroke and butterfly, head first dive off starting block along with coach-approved test set

**Tier 3 Team** - swimmers must have legal strokes and turns in all four competitive strokes, 50yds of freestyle and backstroke, 25yds breaststroke and butterfly, and head first dive off starting block.

This team is intended to encourage swimmers toward the sport of competitive swimming with proper fundamentals of the start, stroke, turn and finish combined to achieve personal best times. Increased endurance, developing racing goals and establishing breathing patterns will be introduced. Tier 3 members are encouraged to register with USA Swimming and attend USA swimming meets but it is not required and they are welcome at the inter-squad meets.

“Busting out” skills to qualify for Tier 2 – 100yd free and back, 50yd breaststroke and fly, 100yd individual medley with legal turns along with coach-approved test set

**Tier 2 Team** – swimmers must be able to do a 100yd free and back, 50yd breaststroke and fly, 100yd individual medley with legal turns

On this team, swimmers increase yardage while still stressing proper technique. The program is designed to develop practice and racing skills such as pacing and negative splits. Swimmers are introduced to visualization, nutrition, dryland, flexibility, and idea that effort is proportional to results. Smart work not just hard work concept begins to be established.

Busting out skills to qualify for Tier 1 – 100yds of all four strokes, 200 individual medley, 500yd free, and coach-approved test set

**Tier 1 Team** – The USS team is for swimmers who are serious about training and competing. You must be registered with the Hurricanes as a member of USA to compete in the meets. Practice is 4-5 days a week and space is limited. Middle school and high school swimmers must have qualifying times.