

AQUASTAR GROUP REQUIREMENTS (revised 11/07)  
Head Coach may exercise discretion in unusual circumstances

**RED: 45 minute practice sessions, \$50/month**

1. Must be at least 5 years old
2. Must be able to swim 25 yards upon request, without aid and without stopping
3. Must be able to accept instruction
4. Must be able to use kickboards
5. Expected to attend 40% of practices

**WHITE: 90 minute practice sessions, \$70/month**

1. Must be at least 7 years old
2. Must be able to swim 25 yards legally in all 4 strokes, verified by official USA-S times
3. Must have 3 50 events under :50 SC (1:00 LC) or 3 100s under 1:50 SC (2:00 LC), USA-S times.
4. Must be able to accept instruction
5. Must be able to use kickboards, pull buoys, and hand paddles
6. Expected to attend 50% of practices

**AQUA: 90 minute practice sessions, \$75/month**

1. Must be at least 8 years old, satisfy White requirements, and
2. Must have earned times in at least three of the following five event categories (10&U G A):

50 free—32.39Y, 36.49L	100 free—1:12.29Y, 1:21.89L
50 back—38.19Y, 43.69L	100 back—1:22.19Y, 1:35.29L
50 breast—41.99Y, 48.29L	100 breast—1:33.39Y, 1:47.09L
50 fly—37.29Y, 42.09L	100 fly—1:26.69Y, 1:38.69L
100 IM—1:23.19Y	200 IM—2:55.99Y, 3:20.59L

**BLUE: 120 minute practice sessions, \$80/month**

1. Must be at least 9 years old
2. Must be able to repeat 50s of all strokes under 1 minute in practice (at least 4)
3. Must be able to accept instruction
4. Must be able to use shoes, fins, kickboards, pull buoys, hand paddles, and practice clock
5. Expected to attend 60% of practices
6. Must have earned times in at least three of the following five event categories (10&U G AA):

50 free—31.09Y, 35.09L	100 free—1:09.09Y, 1:18.19L
50 back—36.39Y, 41.69L	100 back—1:18.29Y, 1:30.79L
50 breast—40.09Y, 46.09L	100 breast—1:28.89Y, 1:41.99L
50 fly—35.29Y, 39.89L	100 fly—1:21.59Y, 1:32.89L
100 IM—1:19.39Y	200 IM—2:48.19Y, 3:11.79L
7. Must attend at least three meets per season, including an end-of-season championship meet

**GOLD: 120 minute practice sessions, \$80/month**

1. Must be at least 11 years old
2. Must repeat swims of 100s of all strokes under 1:40 and kicks under 2:00 in practice
3. Must be able to accept instruction
4. Must be able to use shoes, fins, kickboards, pull buoys, hand paddles, and practice clock
5. Expected to attend 70% of practices
6. Must have earned times in at least three of the following five event categories (11-12 G AAA):

100 free—57.79Y, 1:07.89L	200 free—2:08.49Y, 2:25.89L
100 back—1:07.89Y, 1:18.19L	200 back—2:23.99Y, 2:45.69L
100 breast—1:15.09Y, 1:25.59L	200 breast—2:42.89Y, 3:06.69L
100 fly—1:06.59Y, 1:14.99L	200 fly—2:26.39Y, 2:47.39L
200 IM—2:25.39Y, 2:45.19L	400 IM—5:09.89Y, 5:55.29L
7. Must attend at least three meets per season, including an end-of-season championship meet

**SENIOR: 120 minute practice sessions, \$80/month**

1. Must be at least 13 years old
2. Must satisfy all GOLD requirements and 80% attendance
3. Expected to attend senior and/or sectional meets
4. Must have earned times in at least three of the following five categories (13-14 G AAAA):

100 free—54.49Y, 1:02.19L	200 free—1:57.49Y, 2:13.49L
100 back—1:00.09Y, 1:10.09L	200 back—2:08.89Y, 2:29.99L
100 breast—1:08.29Y, 1:17.99L	200 breast—2:26.99Y, 2:47.99L
100 fly—59.59Y, 1:07.59L	200 fly—2:10.09Y, 2:28.29L
200 IM—2:12.39Y, 2:30.89L	400 IM—4:39.69Y, 5:16.99L
5. Must attend at least three meets per season, including an end-of-season championship meet