

BLAST GROUP REQUIREMENT & EXPECTATIONS

BLAST SWIM GROUPS	TECHNICAL REQUIREMENTS	PRACTICE MINIMUM REQUIREMENTS (Yards)	MINIMUM MEET ATTENDANCE REQUIREMENTS	WEEKLY PRACTICE ATTENDANCE REQUIREMENTS	AGE REQUIREMENTS	CONTEXT/ EXPECTATIONS
Pre-Team	Freestyle side breathing Backstroke Symmetrical Breaststroke kick	6 x 50s @1:30 All sub 1:00	At least 2 meets per year (As determined by coach)	3 to 5 days	6 to 9	I'm interested in competitive swimming and am still in or interested in other sports.
Bronze	Kick all Strokes Flip turns Racing starts 100Y Free < 2 minutes	6 x 50's @ 1:20; All sub :52.5	At least 4 meets per year	3 to 5 days	6 to 9	I'm interested in competitive swimming and am still in or interested in other sports.
Silver	Swim all Strokes Flip turns Race Starts 100Y Free < 1:40	6 x 50's @1:15; All sub 0:40	1 meet per month (when available)	4 to 5 days	7 to 11	I'm interested in competitive swimming and am still in or interested in other sports.
Gold	All of the above At least 2 National "B" cuts 100Y Free < 1:25	6 x 100's @1:50; All sub 1:40	1 per month (when available) + championship meets (SAG, WAG, JAG and Committee Champs)	4 to 6 days	8 to 12	I am considering making swimming my primary sport.
Junior Olympic	All of the above At least 2 individual WAG, JAG or SAG cuts 100Y Free < 1:15	6 x 100's @1:30	1 per month (when available) + must attend championship meets (SAG, WAG, JAG, and Committee Champs)	5 to 6 days	8 to 13	I have chosen swimming as my primary sport, and I want to train and compete to become a BLAST Senior Varsity/Pre-National or National Swimmer.

Senior Varsity	<p>All of the above At least two age 15-16 National BB times</p> <p>100 Free Time</p> <p><1:05 (Girls)</p> <p><58.5 (Boys)</p>	<p>6 x 100's</p> <p>@1:25 (Girls)</p> <p>@1:20 (Boys)</p> <p>(as determined by coach)</p>	<p>1 per month (when available) + must attend championship meets (SAG, WAG, JAG, Sectionals and Committee Champs)</p>	<p>6 to 7 days</p>	<p>11 to 18</p>	<p>I have chosen swimming as my primary sport.</p> <p>I will put in the effort and hard work (without slacking) to achieve my potential to be on Pre-National Group and potentially National Group.</p>
Pre-National	<p>All of the above At least [two] Summer Age Group (SAG) Cuts</p> <p>100 Free Time</p> <p>< :59 (girls) < :53 (Boys)</p>	<p>6 x 100's</p> <p>@1:15 (Girls)</p> <p>@1:10 (Boys)</p> <p>(As determined by coach)</p>	<p>1 per month (when available) + must attend championship meets (SAG, WAG, JAG, Sectionals and Committee Champs)</p>	<p>All practices made available with one rest day determined by coach</p>	<p>12 to 18</p>	<p>I have chosen swimming as my primary sport.</p> <p>I want to achieve my highest potential in the pool.</p> <p>I am interested in swimming in college.</p>
National	<p>All of the above Minimum of one Sectional Cut or 3 Sectional Bonus cuts</p> <p>100 Free time</p> <p><:56 (Girls) <:49 (Boys)</p>	<p>6 x 100's</p> <p>@1:10 (Girls)</p> <p>@1:05 (Boys)</p> <p>(as determined by coach)</p>	<p>1 per month (when available) + championship meets</p>	<p>All practices made available with one rest day determined by coach</p>	<p>13 to 18</p>	<p>I have chosen swimming as my primary sport.</p> <p>I want to achieve my highest potential in the pool. I am interested in swimming in college and at the national level.</p>