



## MINIMUM PLACEMENT CRITERIA FOR NEW SWIMMERS

Swimmers must be evaluated by a JETS coach prior to joining the team, and spots must be available. In all cases, the JETS coaches reserve the right to place any swimmer in any group based on the best interest of the individual.

<b>AGE GROUP</b>	<b>MINIMUM PLACEMENT CRITERIA</b>
<b>Ages 0 - 5</b>	<ul style="list-style-type: none"> <li>• Swimmers must be at least 6 years old to join the swim team.</li> </ul>
<b>Ages 6 - 8</b>	<ul style="list-style-type: none"> <li>• Must be able to swim 25 yards of freestyle, without stopping, while reaching arms forward over the surface, breathing to the side and maintaining a rhythmic, supportive flutter kick</li> <li>• Must be able to swim 25 yards of backstroke, without stopping, while reaching arms over the surface, keeping hips afloat and maintaining a rhythmic, supportive flutter kick</li> <li>• Must be able to demonstrate breath control in the water by performing a forward somersault without plugging the nose</li> <li>• Must be receptive to coaching and be physically and emotionally mature enough to handle a 60 minute practice, independent from parents</li> </ul>
<b>Ages 9 - 10</b>	<ul style="list-style-type: none"> <li>• Must be able to swim 50 yards of freestyle, without stopping, while reaching arms forward over the surface, breathing to the side and maintaining a rhythmic, supportive flutter kick</li> <li>• Must be able to swim 50 yards of backstroke, without stopping, while reaching arms over the surface, keeping hips up and maintaining a rhythmic, supportive flutter kick</li> <li>• Must be able to swim 25 yards of breaststroke and butterfly, demonstrating a fundamental understanding of proper stroke technique</li> <li>• Must be able to demonstrate breath control in the water by performing a forward somersault without plugging the nose</li> <li>• Must be receptive to coaching and be physically and emotionally mature enough to handle a 60 minute practice, independent from parents</li> </ul>
<b>Ages 11 - 12</b>	<ul style="list-style-type: none"> <li>• Must be able to swim 100 yards of freestyle, with flip turns, without stopping, while reaching arms forward over the surface, breathing to the side and maintaining a rhythmic, supportive flutter kick</li> <li>• Must be able to swim 100 yards of backstroke, with flip turns, without stopping, while reaching arms over the surface, keeping hips up and maintaining a rhythmic, supportive flutter kick</li> <li>• Must be able to swim 50 yards of breaststroke and butterfly, demonstrating a fundamental understanding of proper stroke technique</li> <li>• Must be able to demonstrate breath control in the water by performing a forward somersault without plugging the nose</li> <li>• Must be receptive to coaching and be physically and emotionally mature enough to handle a 60 minute practice, independent from parents</li> </ul>
<b>Ages 13 - 18</b>	<ul style="list-style-type: none"> <li>• Must be able to swim 500 yards of freestyle under 8:30 with proficient technique and turns</li> <li>• Must be able to swim 100 yards of backstroke, breaststroke and butterfly with proficient technique and turns (additional speed criteria may apply)</li> </ul>