

Junior B: Group

Swim Level Qualifications and Move-Up Checklist

+ Qualifications

- Basic knowledge of all four strokes (freestyle, backstroke, breaststroke, butterfly)
- Ability to swim 25 yards without stopping
- Basic understanding of turns and streamlines

Frequently Asked Questions

	Answer
Age Range	6-10 years
Practice Expectation	2-3 practices per week
Necessary Equipment	Swimsuit, Team Swim cap, Goggles, Water bottle
Travel requirements	Note that some USA Swim Meets require travel outside the York area.
Other Requirements	Basic understanding of all four strokes Ability to swim 25 yards without stopping

Move-Up Criteria to JR A

- **Stroke Proficiency:**
 - Demonstrate proper technique in all four strokes
 - Complete 50 yards of each stroke with good form
- **Turns and Streamlines:**
 - Perform flip turns for freestyle and backstroke
 - Show proficiency in open turns for breaststroke and butterfly
 - Streamline off the wall for at least 5 yards
- **Endurance:**
 - Swim 100 yards freestyle without stopping
 - Complete a 200-yard freestyle swim with proper technique and pacing
- **Coach Evaluation:**
 - Positive attitude and consistent attendance
 - Coach's assessment of readiness based on technique and endurance

Sample Evaluation: JR B (Junior B)

Swimmer Name: _____

Date: _____

1. **Basic Stroke Knowledge:**

- Freestyle: Needs Improvement Satisfactory Excellent
- Backstroke: Needs Improvement Satisfactory Excellent
- Breaststroke: Needs Improvement Satisfactory Excellent
- Butterfly: Needs Improvement Satisfactory Excellent

2. **Turns and Streamlines:**

- Understanding of basic turns: Needs Improvement Satisfactory Excellent
- Streamlines off the wall: Needs Improvement Satisfactory Excellent

3. **Endurance:**

- 25-yard swim: Needs Improvement Satisfactory Excellent

4. **Attitude and Attendance:**

- Consistent attendance: Needs Improvement Satisfactory Excellent
- Positive attitude: Needs Improvement Satisfactory Excellent

5. **Coach's Comments:**

- _____
- _____