



# GOLD



Gold group is for swimmers age 13 - 14 years old

The Gold group is comprised of the swimmers who have a 13-14 TAGS cuts or a season away from those time standards. Swimmers in this group are expected to make a strong commitment with respect to attendance and training efforts. These swimmers are striving to maximize their age group abilities, while readying themselves for Sectional cuts.

## Group Requirements

- Move from Silver 2 or complete a Saturday Evaluation
- Have previous USA Swimming experience, including experience at STAGS or TAGS
- Be within a season of 13-14 TAGS cuts
- 75% Attendance is required to attend meets
- Must be able to attend 1 swim meet per month
- Must be available to attend both STAGS and TAGS each season
- 20x50s FR :40 | 10x50s Kick :50 | 10x100s IM 1:30

## Mandatory Equipment

Swim Bag, Goggles, Kickboard, Fins, a Competitive Swimming Snorkel, Pull Buoy, Hand Paddles  
Tennis shoes and comfortable gym clothes are needed for dryland

## Group Information

Practice Length: Wednesday AM: 1 hour | Monday - Friday PM: 1:30 hours | Saturday: 2 Hours  
Swim Practice: Wednesday AM: 6:15am | Monday - Friday PM: 5:45pm | Saturday: 8:00am  
Dryland Practice: 30 min. | Monday - Thursday: 5:00pm

Price : \$170 per month

## WHAT DOES MY SWIMMER NEED TO MOVE TO ELITE?

Please see the Waterloo Swim Team move up guidelines online for more details. Moves happen 2 times throughout the year. Once at the beginning of each season (August and March). In order to qualify for a move swimmers must complete the following:

**HAVE AT LEAST ONE SECTIONALS CUT**

**Attend 1 swim meet per month throughout the season**

**Maintain 75% attendance throughout the season - including dryland**

**Test Sets: 20x50s Free @ :40 | 10x50s Kick @ :45 | 10x100s IM @ 1:20**

Athletes who complete requirements will move to Elite  
Athletes turning 15 the following season who have not met requirements will move to Senior