

STAR Athlete Progression
Descriptions–2008-2009

- Dolphins
 - Commits to 1-2 Practices per week
 - Seasonal or Competitive
 - 5-9 years old
 - Can swim 25 yards of back and free
- Piranhas
 - Commits to 1-3 Practices per week
 - Seasonal or Competitive
 - 7-10 years old
 - Can swim 25 yards of 3 of the strokes
- Sharks
 - Commits to 2-4 Practices per week
 - Competitive Swimmers Only
 - 8-10 years old
 - Can swim a legal 50 of all 4 strokes
- Senior Seasonal
 - Commits to 1-3 Practices per week
 - Seasonal Swimmers Only
 - Minimum age of 11
 - Can swim Freestyle and Backstroke
- Senior Developmental
 - Commits to 3-6 Practices per week
 - Competitive Swimmers Only
 - 11-14 years old
 - Can complete a legal 200 IM
- Senior 1
 - Commits to 4-7 Practices per week
 - Competitive Swimmers Only
 - Minimum age of 13 with three 13-14 NC Short Course Champs times in 2 strokes
 - Can complete a legal 400 IM
- Senior Sectional
 - Commits to 7 practices per week (2 of them weights/strength training)
 - Competitive Swimmers Only
 - Minimum age of 13 and at least 1 Senior Sectional Time
 - Can complete a legal 200 of each stroke and 400 IM
- National Team
 - Commits to 9 practices per week (includes 2 weight/strength training)
 - Competitive Swimmers Only
 - Minimum Age of 14
 - Can complete repeat 200's of stroke and 400 IM's