

CBST-USAS Training Advancement Procedure and Philosophy

The CBST training groups are the responsibility of the CBST coaching staff and are carefully created by the entire coaching staff before, during, and after each season. Our swimmers are encouraged to give their best efforts within their training groups to make the necessary improvements that will ultimately maximize their swimming abilities. Throughout a CBST swimmer's career the coaching staff will advance them through the groups when we believe they are ready. The swimmers are encouraged to focus on what their group is doing and execute those group demands to the best of their abilities, and not concern themselves with the other groups. We do not advance swimmers based on what groups their friends are in or any other outside opinions. Here is our group advancement philosophy:

- Training groups are created to provide swimmers with similar training abilities the opportunity to work and improve together as a group.
- Training groups vary from season to season depending on the size of the team and the various training levels that currently encompass the team. The current training groups are very different than when CBST first started and we anticipate a continued evolution of those groups.
- Training group advancement occurs when a swimmer shows the coaching staff that they have trained and performed beyond the level of their current group in areas including, but not limited to, technique, conditioning, maturity & focus level.
- In order to advance to the next group, swimmers must have had a significant period of time (at least half a season) during which they have had the opportunity to feel successful in their present group.
- The advancement of CBST swimmers from one training group to another is based solely on the judgment and opinion of the CBST coaching staff. We only wish to advance swimmers that will thrive in the next group and not struggle to keep up so confidence is not hindered.
- Group advancement for a swimmer is based on four factors. All four factors must be met before a swimmer will be advanced.
 - Technical improvement to the next level of all four strokes as well as starts, and turns
 - Training proficiency (understanding/knowing the time intervals) and conditioning
 - Proper mental and emotional focus to know and understand the next group's technical drill work, practice concepts & sets, and how to behave during practice.
 - Race and performance improvement to the level of the next group in all four strokes

- There must be an agreement between the current group coaches, the next group coaches, the head age group coach (or head Senior team coach depending on the groups) and the swimmer, for a swimmer to advance. All four parties must be in agreement before a swimmer will be advanced
 - The swimmer themselves **MUST** be comfortable moving up. We will not advance a swimmer that does not wish to be moved up a level.
 - If they are unsure about advancing, they can always talk to the coaching staff for support and encouragement.

- The CBST coaching staff creates the groups and are the only individuals with the overall objective knowledge of the groups to make adjustments.
 - If a swimmer wishes to advance, the coaching staff encourages them to seek the advice of their group coach as well as the head coach regarding what they need to improve upon to make the advancement
 - Contact about group advancement should only be made by the swimmer. This shows the coaching staff that the swimmer is showing emotional and mental maturity and helps keep communication open in the swimmer/ coach relationship.