

STAR Athlete Progression Descriptions

- **Rising STARs (No USA Swimming Registration)**
 - 4-7 years old
 - Attends 1-2 Practices per week
 - Is self sufficient in the water and is able to navigate to a wall or lane line unassisted
 - Is comfortable working in a group setting and able to follow basic instructions
- **Super Novas (USA Swimming Registration Optional)**
 - 5-10 years old
 - Commits to 1-3 Practices per week
 - May choose to swim STAR hosted or suitable local swim meets
 - Can swim 25 yards of Freestyle and Backstroke
- **Solar Flares (USA Swimming Registration Recommended)**
 - 7-10 years old
 - Commits to 2-4 Practices per week
 - Competes in STAR hosted and local swim meets and season end championship meet
 - Can swim a legal 50 of all 4 strokes
- **SwimFit (USA Swimming Registration Optional)**
 - 11 Years & Older
 - Commits to 2-4 Practices per week
 - May compete in STAR hosted and local swim meets
 - Can swim Freestyle and Backstroke and has a basic understanding of Breaststroke and Butterfly
 - Focuses on Stroke Improvement and Conditioning
- **Junior 1 (USA Swimming Registration Recommended)**
 - 11-13 years old
 - Commits to 2-4 Practices per week & may sign up for Parisi Strength Training
 - Competes in STAR hosted meets and end of season championship meet
 - Knowledge of all strokes but still may need development in some areas.
- **Junior 2 (USA Swimming Registration Required)**
 - 11-13 years old
 - Commits to 7+ Practices per week including Parisi Strength Training
 - Competes in STAR hosted and travel meets and season end championship meet
 - Can swim a legal 200 IM and is proficient in all 4 strokes

- **Senior 1 (USA Swimming Registration Recommended)**

13-19 years old

Commits to 2-4 practices per week & may sign up for Parisi Strength Training

Option to compete in local meets and season end championship meet

Can swim a legal 200 IM and is proficient in all 4 strokes

- **Senior 2 (USA Swimming Registration Required)**

13-19 years old and aspire to continue swimming in college (after club)

Commits to 9+ practices per week including Parisi Strength Training

Competes in meets as scheduled by coach and season end championship meet

Can swim a legal 400 IM, is proficient in all 4 strokes and can complete interval-based training sets