

Bulldog Aquatic Club Group Definitions



Sr. Dogs

- Q1(AA) and above
- Physical Maturity
- Psychological commitment
- Subject to coaches discretion
- Generally 13+ years old
- Commitment to 90% of practices

Bulldogs

- Q1(AA) and below times
- Generally 10+ years old
- Maturing psychologically and physically
- Commitment to 80% of practices
- Subject to coaches discretion

Jr. Dogs

- B/C and below times
- Generally under 12 years old
- Know all four strokes
- Able to swim 100 yards of all four strokes
- Commitment to 80% of practices
- Subject to coaches discretion

Puppies

- Novice swimmers
- Generally 8 and under
- Can do length of freestyle and backstroke