



# OLYMPIANS SWIMMING

## Foundational Commitment

Foundational swimmers are those in the beginning stages or active for life programs. This would include Olympic Way Minis, Olympic Way Bronze, Olympic Way Silver, Olympic Way Gold, Olympians White, Olympians Red, Winter Maintenance, and Masters.

The following rubric demonstrates the development of commitment at the Foundational levels.

<b>Foundational Commitment Rubric</b>				
<b>Category</b>	<b>1: Needs Attention</b>	<b>2: Developing</b>	<b>3: Proficient</b>	<b>4: Exemplary</b>
<b>Attendance</b>	<80%	80 - 90%	91 - 95%	>95%
<b>Participation &amp; Engagement</b>	Often sits out, avoids activities, disrupts others, or ignores instructions.	Sometimes hesitant to join in, easily distracted, or needs frequent encouragement.	Usually joins in activities willingly, attempts most things, and listens to basic instructions.	Always joins in enthusiastically, tries hard, and is attentive to instructions and activities.
<b>Equipment</b>	Frequently missing required equipment (e.g., suit, goggles, cap, towel).	Sometimes missing required equipment or needs help managing them.	Usually remembers and has all required equipment needed for the session.	Always has all required equipment and keeps track of personal belongings responsibly.
<b>Respect &amp; Behavior</b>	Disregards safety rules, is often disrespectful to instructors, peers, or the space.	Needs reminders about safety rules, listening, sharing space, or being respectful.	Generally follows safety rules and instructions; is respectful of instructors and peers.	Consistently follows rules, listens attentively to safety cues, and is respectful to all.

The swimmer can be evaluated with their score with the following scale:

<b>Score</b>	<b>Title</b>	<b>Description</b>
<b>14 +</b>	<b>Sustained Foundational Commitment</b>	Shows strong and steady commitment at the foundational level. Fully engaged in learning routines and expectations.
<b>9 to 13</b>	<b>Emerging Foundational Commitment</b>	Beginning to show commitment through regular effort and participation. Progress is visible but not yet consistent.
<b>4 to 8</b>	<b>Limited Foundational Commitment</b>	Commitment is early or inconsistent. Needs support building basic habits like attendance, focus, and effort.