

THE 10 & UNDER WONDER?

From USA Swimming

Several years ago, USA Swimming looked at 10 & Unders who were ranked in the Top 16 and followed the likelihood that they would still be ranked once they were in high school. This is what we found:

Ranked Top 16 as a:

10 & Under	Still Ranked as 17-18	11%
11-12	Still Ranked as 17-18	21%
13-14	Still Ranked as 17-18	36%
15-16	Still Ranked as 17-18	48%

Moral of the Story: A 10 & Under can survive and thrive...but 50% of the top swimmers develop AFTER Junior Year in High School. If you have age-group athlete, make sure you emphasize fun, participation in a variety of sports and activities, including unstructured play and skill development and that there is a long-term progression plan. Discourage early specialization in one sport or one event.