

Senior Black

Practices Offered 8 Pool Workouts & 3 Dryland Workouts per Week during SCY Season
 9 Pool workouts & 3 Dryland Sessions per Week during LCM Season

Attendance

- Maintains a Minimum Attendance of...
 80% during the SCY Season (13 Practices every 2 weeks)
 85% during the LCM Season (14 Practice every 2 weeks)

Swimming

- Can swim the Required Training Sets for Senior Black
- Has achieved three (3) Race Standards for Senior Black
- Has completed *USA Swimming's IMX Challenge* and continues to do so every Season
- Trains with the Team year-round

Swim Meets

- Arrives on time and ready for Warm-Ups
- Expected at all scheduled Meets for their group/ level during each Season
- Must compete in the End of Season Championship Meet as Coach & Athlete agree upon at the beginning of the Season
- Not allowed to compete in Summer League Meets

Training Equipment

- Kick Board, Fins, Paddles, Pull Buoy, Swimmer Snorkel & Tempo Trainer

Training Sets

Free	20 x 100 on 1:25	
Back, Fly & IM	16 x 100 on 1:35	<i>All Sets are SCM</i>
Breast	16 x 100 on 1:45	
Kick	12 x 100 on 1:55	

Time Standards

LCM	SCY		SCY	LCM
29.49	25.79	50 Free	22.79	26.19
1:03.29	55.29	100 Free	49.69	57.09
2:16.59	1:58.69	200 Free	1:48.29	2:04.19
4:47.99	5:29.09	400 / 500 Free	4:55.69	4:23.29
9:50.09	10:53.99	800 / 1000 Free	10:09.59	9:12.39
18:55.99	18:31.09	1500 / 1650 Free	17:01.59	17:28.09
1:11.39	1:01.39	100 Back	55.19	1:05.19
2:33.39	2:13.29	200 Back	2:01.29	2:21.49
1:20.99	1:10.59	100 Breast	1:03.19	1:13.49
2:54.49	2:32.79	200 Breast	2:17.29	2:39.79
1:09.29	1:01.09	100 Fly	55.19	1:03.09
2:34.29	2:16.19	200 Fly	2:03.39	2:21.09
2:36.99	2:16.49	200 IM	2:03.99	2:24.69
5:32.49	4:51.59	400 IM	4:24.69	5:07.79

Move into Senior Black

- 80% Practice Attendance for a Season
- Swim required Training Sets
- Have met the required Time Standards

**All Moves into Group are ideally at Coach's discretion*

Senior Red

Practices Offered 6 Pool Workouts & 3 Dryland Sessions per Week during SCY Season
8 Pool workouts & 3 Dryland Sessions per Week during LCM Season

Attendance

- Maintains a Minimum Attendance of...
75% during the SCY Season (9 Practices every 2 weeks)
80% during the LCM Season (13 Practice every 2 weeks)

Swimming

- Can swim the Required Training Sets for Senior Black
- Has achieved one (1) of the Race Standards for Senior Black
- Has completed *USA Swimming's IMX Challenge* and continues to do so every Season

Swim Meets

- Arrives on time and ready for Warm-Ups
- Expected at...
4 Swim Meets in the SCY Season
3 Swim Meets in the LCM Season
- Highly suggested to compete in the End of Season Championship Meet
- Not allowed to compete in Summer League Meets

Training Equipment

- Kick Board, Fins, Paddles, Pull, Buoy, Swimmer Snorkel & Tempo Trainer

Training Sets

Free	16 x 100 on 1:30	
Back, Fly & IM	12 x 100 on 1:40	<i>All Sets are SCM</i>
Breast	12 x 100 on 1:50	
Kick	12 x 100 on 2:05	

Time Standards

LCM	SCY		SCY	LCM
29.89	26.39	50 Free	23.69	27.19
1:05.09	57.19	100 Free	51.69	:59.39
2:20.39	2:03.09	200 Free	1:52.79	2:09.29
4:54.49	5:29.09	400 / 500 Free	5:07.99	4:36.29
10:08.99	11:21.19	800 / 1000 Free	10:34.99	9:35.39
19:29.59	18:57.79	1500 / 1650 Free	17:44.09	18:11.69
1:12.49	1:02.99	100 Back	59.49	1:09.59
2:36.29	2:16.99	200 Back	2:10.99	2:30.79
1:28.29	1:17.69	100 Breast	1:09.99	1:20.89
3:05.99	2:43.99	200 Breast	2:32.99	2:56.29
1:11.29	1:02.99	100 Fly	57.99	1:06.09
2:42.39	2:23.99	200 Fly	2:08.99	2:27.29
2:38.99	2:18.19	200 IM	2:05.99	2:25.39
5:47.09	5:03.99	400 IM	4:38.99	5:22.59

Move into Senior Red

- 75% Practice Attendance for a Season
- Swim required Training Sets
- Have met the required Time Standards

**All Moves into Group are ideally at Coach's discretion*

Senior White

Practices Offered 5 Pool Workouts per Week during SCY Season
5 Pool Workouts & 2 Dryland Sessions per Week during LCM Season

Attendance

- No minimum Practice Attendance

Swimming

- Can swim all four (4) Competitive Strokes
- Completes *USA Swimming's IMR Challenge* every Season

Swim Meets

- Arrives on time and ready for Warm-Ups
- Expected at...
 - 3 Swim Meets in the SCY Season
 - 2 Swim Meets in the LCM Season
- Highly suggested to compete in the End of Season Championship Meet
- Is allowed to compete in Summer League Meets

Training Equipment

- Kick Board, Fins, Paddles, Pull Buoy, Swimmer Snorkel, Tempo Trainer & Swim Parachute

Move into Senior White

- Swim all four (4) Competitive Strokes
- Achieves the Swim Meet requirements

**All Moves into Group are ideally at Coach's discretion*

Junior Black

Practices Offered 7 Pool Workouts & 3 Dryland Sessions per Week during SCY Season
 7 Pool Workouts & 3 Dryland Sessions per Week during LCM Season

Attendance

- Maintains a Minimum Attendance of...
 75% during the SCY Season (11 Practices every 2 weeks)
 80% during the LCM Season (12 Practice every 2 weeks)

Swimming

- Can swim the Required Training Sets for Junior Black
- Has achieved one (1) Race Standards for Junior Black
- Has completed *USA Swimming's IMX Challenge* and continues to do so every Season
- Trains with the Team year-round

Swim Meets

- Arrives on time and ready for Warm-Ups
- Expected at all scheduled Meets for their group/ level during each Season
- Must compete in the End of Season Championship Meet as Coach & Athlete agree upon at the beginning of the Season
- Allowed to compete in Summer League Meets

Training Equipment

- Kick Board, Fins & Paddles

Training Sets

Free	16 x 100 on 1:35	
Back, Fly & IM	12 x 100 on 1:45	<i>All Sets are SCM</i>
Breast	12 x 100 on 1:55	
Kick	12 x 100 on 2:05	

Time Standards

LCM	SCY		SCY	LCM
29.99	26.29	50 Free	24.59	27.99
1:04.59	56.69	100 Free	52.99	1:00.99
2:20.89	2:03.49	200 Free	1:56.79	2:14.99
4:57.39	5:29.69	400 / 500 Free	5:16.09	4:48.49
10:20.49	11:42.29	800 / 1000 Free	11:04.49	9:55.99
20:39.79	19:29.19	1500 / 1650 Free	18:56.19	19:25.39
1:13.99	1:04.59	100 Back	1:01.89	1:11.59
2:39.99	2:19.39	200 Back	2:13.99	2:37.59
1:27.09	1:14.69	100 Breast	1:09.59	1:22.29
3:04.19	2:40.79	200 Breast	2:31.19	2:57.29
1:12.29	1:03.49	100 Fly	59.79	1:08.69
2:52.59	2:23.59	200 Fly	2:16.49	2:35.89
2:40.69	2:19.59	200 IM	2:09.89	2:32.79
5:43.59	4:57.19	400 IM	4:41.99	5:30.19

Move into Junior Black

- 75% Practice Attendance for a Season
- Swim required Training Sets
- Have met the required Time Standards

**All Moves into Group are ideally at Coach's discretion*

Junior Red

Practices Offered 6 Pool Workouts & 3 Dryland Sessions per Week during SCY Season
6 Pool Workouts & 3 Dryland Sessions per Week during LCM Season

Attendance

- Maintains a Minimum Attendance of...
70% during the SCY Season (8 Practices every 2 weeks)
75% during the LCM Season (9 Practice every 2 weeks)

Swimming

- Can swim the Required Training Sets for Junior Red
- Has achieved one (1) of the Race Standards for Junior Red
- Has completed *USA Swimming's IMR Challenge* and continues to do so every Season
- Trains with the Team year-round

Swim Meets

- Arrives on time and ready for Warm-Ups
- Expected at...
4 Swim Meets in the SCY Season
3 Swim Meets in the LCM Season
- Highly suggested to compete in the End of Season Championship Meet
- Allowed to compete in Summer League Meets

Training Equipment

- Kick Board, Fins, & Paddles

Training Sets

Free	12 x 100 on 1:45	
Back, Fly & IM	8 x 100 on 1:55	<i>All Sets are SCM</i>
Breast	8 x 100 on 2:05	
Kick	8 x 100 on 2:15	

Time Standards

<u>LCM</u>	<u>SCY</u>		<u>SCY</u>	<u>LCM</u>
33.19	29.09	50 Free	26.69	30.59
1:12.39	1:03.39	100 Free	57.99	1:06.99
2:36.39	2:16.99	200 Free	2:07.09	2:26.29
5:28.19	6:07.59	400 / 500 Free	5:43.89	5:10.69
11:22.39	12:38.69	800 / 1000 Free	11:51.39	10:42.39
21:48.99	21:08.39	1500 / 1650 Free	19:57.19	20:34.26
1:19.99	1:08.59	100 Back	1:03.59	1:14.59
2:53.39	2:28.29	200 Back	2:17.89	2:42.09
1:31.19	1:19.09	100 Breast	1:11.79	1:23.69
3:16.49	2:50.39	200 Breast	2:48.89	3:00.79
1:17.79	1:08.59	100 Fly	1:02.89	1:11.69
2:49.79	2:32.59	200 Fly	2:31.49	2:40.19
2:50.99	2:33.09	200 IM	2:20.89	2:42.99
6:12.69	5:26.09	400 IM	5:01.09	5:48.29

Move into Junior Red

- 70% Practice Attendance for a Season
- Swim required Training Sets
- Have met the required Time Standards

**All Moves into Group are ideally at Coach's discretion*

Junior White

Practices Offered 5 Pool Workouts per Week during SCY Season
5 Pool Workouts & 2 Dryland Sessions per Week during LCM Season

Attendance

- No minimum Practice Attendance

Swimming

- Can swim all four (4) Competitive Strokes
- Completes *USA Swimming's IMR Challenge* every Season

Swim Meets

- Arrives on time and ready for Warm-Ups
- Expected at...
 - 3 Swim Meets in the SCY Season
 - 2 Swim Meets in the LCM Season
- Highly suggested to compete in the End of Season Championship Meet
- Is allowed to compete in Summer League Meets

Training Equipment

- Kick Board, Fins, Paddles, Pull Buoy & Swimmer Snorkel

Move into Senior White

- Swim all four (4) Competitive Strokes
- Achieves the Swim Meet requirements

**All Moves into Group are ideally at Coach's discretion*

Swimmer Placement

Swimmers are ranked by the following criteria

- Training sets
- Attendance
- Race standards

Attendance

If a swimmer does not attend their practice, they will be marked absent

Excused absences will be given for...

- High School District Swim Meet
- High School Regions Swim Meet
- High School State Swim Meet
- *FLEET* supported Swim Meets which are not a “Team Meet” (le. TAGS, Junior Nationals, Pro Series, etc)
- International Swim Meets (If competing towards another nation’s National Team)
- If attending a GULF Swimming / USA Swimming Select Camp/ Team (le. Duel in the Pool, Open Water)

Sickness, family vacation, and regular season/ invitational High School Swim Meets do not count as “Excused”. Swimmers and families are responsible for planning these factors into their season’s practice schedule