## Santa Clara Swim Club

Practice Group Criteria Chart

## Goals/Objectives

-Average Daily Attendance of 20-25 swimmers
-Coach:Swimmer Ratio -- 1:15
-Swimmers per Lane -- 4-6 (depending on age/level) -Continuous progression through program
-Swimmers will generally move laterally
between divisions when aging up
*There is no direct path to the "top"; swimmers will grow, mature and improve at different rates; this structure is in place to support every swimmer as they develop at the level appropriate for them.
*As the program grows and improves, standards will adjust upwards to maintain group size, coach/swimmer ratios, lane space, etc.
*Additional "levels" may need to be introduced to maintain the above(for example, Yellow Bell 4)


Futures Time Standard
$10 \times 100$ Free @ 1:10
OR 1000 Free @ 11:40
$5 \times 200$ IM @ 2:40
$10 \times 100$ Kick @ 1:30
OR 1000 Kick @ 15:00
Speed Test??? $6 \times 50$ @ 1:00
G--30's; B--28's???
PT=15 W/3.5 L
PRE-SENIOR (13-14)
2+ JO Times or 1 FW Tim $10 \times 100$ Free @ 1:20 OR 1000 Free @ 13:20 $5 \times 200$ IM @ 3:00 1000 Kick @ 17:30 OR $10 \times 100$ Kick @ 1:45
5 DK off walls
PT=12.5 W/2.5 L
2+ BB Times or 1 JO Time $10 \times 100$ Free @ 1:30 OR 1000 Free @ 15:00 $5 \times 200$ IM @ 3:30 1000 Kick @ 18:20
OR $10 \times 100$ Kick @ 1:50
4 DK off walls
PT=11 W/2 L

$8 \times 100$ Free @ 1.40
OR 800 Free @ 11:20
$3 \times 200$ IM @ 4:00
600 Kick @ 12:00
OR $6 \times 100$ Kick @ 2:00
3 DK off walls
PT=9 W/1.5 L

Legally complete all strokes Dive/Start; flip turn; finish Tight Stremline PT=7 W/1 L

