Santa Clara Swim Club **SENIOR (15&0)** Practice Group Criteria Chart **Futures Time Standard** 10 x 100 Free @ 1:10 Goals/Objectives OR 1000 Free @ 11:40 -Average Daily Attendance of 20-25 swimmers 5 x 200 IM @ 2:40 SR 4 -Coach:Swimmer Ratio -- 1:15 10 x 100 Kick @ 1:30 -Swimmers per Lane -- 4-6 (depending on age/level) OR 1000 Kick @ 15:00 -Continuous progression through program Speed Test??? 6 x 50 @ 1:00 -Swimmers will generally move laterally G--30's; B--28's??? between divisions when aging up PT=15 W/3.5 L **PRE-SENIOR (13-14)** *There is no direct path to the "top"; swimmers will grow, mature and improve at different rates; this structure is 2+ JO Times or 1 FW Time 2+ FW Times or 1 Sectional Time in place to support every swimmer as they develop at the 10 x 100 Free @ 1:20 10 x 100 Free @ 1:20 level appropriate for them. OR 1000 Free @ 13:20 OR 1000 Free @ 13:20 *As the program grows and improves, standards will adjust 5 x 200 IM @ 3:00 5 x 200 IM @ 2:50 PS 4 SR 3 upwards to maintain group size, coach/swimmer ratios, 1000 Kick @ 17:30 1000 Kick @ 16:40 lane space, etc. OR 10 x 100 Kick @ 1:45 OR 10 x 100 Kick @ 1:40 *Additional "levels" may need to be introduced to 5 DK off walls 5 KD off walls maintain the above(for example, Yellow Bell 4) PT=12.5 W/2.5 L PT=13.5 W/2.5 L GOLD (11-12) 3+ JO Times or 1 FW Time 2+ BB Times or 1 JO Time 2+ Senior 2 Times or 1 FW Time 8 x 100 Free @ 1:30 10 x 100 Free @ 1:30 10 x 100 Free @ 1:30 OR 800 Free @ 12:00 OR 1000 Free @ 15:00 OR 1000 Free @ 15:00 3 x 200 IM @ 3:30 5 x 200 IM @ 3:30 5 x 200 IM @ 3:30 GOLD 4 PS₃ SR 2 600 Kick @ 11:00 1000 Kick @ 18:20 1000 Kick @ 18:20 OR 10 x 100 Kick @ 1:50 OR 6 x 100 Kick @ 1:50 OR 10 x 100 Kick @ 1:50 4 DK off walls 4 DK off walls 4 DK off walls PT=10.5 W/2 L PT=11.5 W/1.5 L PT=11 W/2 L YELLOW BELL (10&U) 2+ BB Times or 1 JO Time 2+ BB Times or 1 JO Time 2+ B Times or 1 BB Time Legally complete all strokes 6 x 100 Free @ 1:45 8 x 100 Free @ 1:40 8 x 100 Free @ 1:40 Dive/Start; flip turn; finish SR 1 OR 600 Free @ 10:30 OR 800 Free @ 11:20 OR 800 Free @ 11:20 **Tight Stremline** 3 x 200 IM @ 4:00 PT=8 W/1 L 4 x 100 IM @ 2:00 3 x 200 IM @ 4:00 YB 3 GOLD 3 PS 2 400 Kick @ 8:00 600 Kick @ 12:00 600 Kick @ 12:00 OR 4 x 100 Kick @ 2:00 OR 6 x 100 Kick @ 2:00 OR 6 x 100 Kick @ 2:00 3 DK off walls 3 DK off walls 3 DK off walls PT=8 W/1.5 L PT=8.5 W/1.5 L PT=9 W/1.5 L 2+ B Times or 1 BB Time 2+ B Times or 1 BB Time Legally complete all strokes 5 x 100 Free @ 2:00 6 x 100 Free @ 200 Dive/Start; flip turn; finish PS 1 OR 500 Free @ 10:00 OR 600 Free @ 12:00 **Tight Stremline** YB 2 GOLD 2 PT=7 W/1 L 3 x 100 IM @ 2:30 4 x 100 IM @ 2:00 300 Kick @ 7:00 400 Kick @ 9:00 OR 3 x 100 Kick @ 2:20 OR 4 x 100 Kick @ 2:15 PT=6.5 W/1 L PT=7 W/1 L Legally complete all strokes Legally complete all strokes

Dive/Start; flip turn; finish

Tight Stremline

PT=5.5 W/1 L

GOLD 1

Dive/Start; flip turn; finish

Tight Stremline

PT=5 W/1 L

YB 1