

Santa Clara



Swim Club

SANTA CLARA SWIM CLUB

Training Group Descriptions/Standards

The goal of the Santa Clara Swim Club program is to provide exceptional teaching and training to our competitive swimmers as they strive to reach their swimming potential. Training groups/levels will be structured to provide the best environment for success. Generally, groups will be set up to provide appropriate coach-to-swimmer ratios and adequate lane space to achieve training objectives. Training groups are structured to be homogenous in terms of age and ability so that SCSC swimmers are challenged and pushed in an environment that is appropriate for their age and ability level. As the program grows and improves, training standards will evolve and grow as well. This document will be updated as needed to reflect the needs of SCSC over time.

Swimmers will be placed in training groups by age and ability. We will keep swimmers of similar age together throughout the program. Building peer groups and friendships with other swimmers of similar age is an important part of our program. We will use a swimmer's age at Championship Season (March, July) to determine training groups. For example, a swimmer who is 12 years old at the start of the fall season and has their 13th birthday in December will be placed in the 13-14 division (this is because they will be competing against swimmers 13-14 years of age at the championship meet).

At SCSC, we take a long-term approach to swimmer development and progression. While having swimmers perform well at 10, 11 and 12 years of age is great, it is not the goal. Our primary objective is to set swimmers up for success through high school and into college (if they so desire). Swimmers who move through the SCSC program will develop the skills and characteristics of successful swimmers at age-appropriate times.

As swimmers advance through the SCSC program, they will be exposed to different coaches. We have a very experienced and diverse coaching staff. Our coaches have many years of successful coaching experience and have great knowledge to share with SCSC swimmers. Each coach offers a unique perspective on your swimmer and will give them tools to help them as they progress in their swimming career. Exposure to different coaches and coaching styles is a strength for our club and swimmers.

Swimmers will need to meet the standards/skills listed for each level to be considered for advancement through the program. These standards are the minimum expectation for swimmers at the next training level. This is to ensure a homogenous training environment for all swimmers in the group to allow everyone in the group to train effectively.

Advancement or promotion to the next training level will occur twice per year, following each competition season: August, following the long course season; April, following the short course season.

If a swimmer in a training group is no longer able to meet the minimum standards for that level, or if they choose not to meet the expectations of that level, they may be moved to a more appropriate training group. It is important that all swimmers in each group meet the minimum standards to maintain a productive training environment.

**Coaches have the discretion to move swimmers to a new training group if they feel it is appropriate for that athlete.*

SENIOR DIVISION

- SENIOR 4/
NATIONAL** Age—14 years old or start of 9th Grade schoolyear
Multiple Sectional Qualifying Times or 1 Futures Qualifying Time
Complete 10 x 100 Free @ 1:10
Complete 5 x 200 IM @ 2:40
Complete 1000 Kick under 15:00
Follow SCSC dryland training program
Tight Streamlines; able to complete 25's underwater kick with no breath
7 Dolphin Kicks off walls for Fly/Back; 3 Dolphin Kicks off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Great Attitude; Great Work Ethic; Great Teammate
- SENIOR 3** Age—15 years old or summer after 9th Grade schoolyear
Multiple 15-18 Far Western Qualifying Times or 1 Sectional Qualifying Time
Complete 10 x 100 Free @ 1:20
Complete 5 x 200 IM @ 3:00
Complete 1000 Kick under 16:30
Follow SCSC dryland training program
Tight Streamlines
5-7 Dolphin Kicks off walls for Fly/Back; 2-3 Dolphin Kicks off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Great Attitude; Great Work Ethic; Great Teammate
- SENIOR 2** Age—15 years old or summer after 9th Grade schoolyear
Multiple Pacific Swimming Senior 2 Qualifying Times or 1 15-18 Far Westerns Qualifying Time
Complete 10 x 100 Free @ 1:30
Complete 5 x 200 IM @ 3:30
Complete 1000 Kick under 18:00
Follow SCSC dryland training program
Tight Streamlines
5 Dolphin Kicks off walls for Fly/Back; 2 Dolphin Kicks off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Great Attitude; Great Work Ethic; Great Teammate
- SENIOR 1** Age—15 years old or start of 10th Grade schoolyear
Legally complete all four strokes
Tight Streamlines
3 Dolphin Kicks off walls for Fly/Back; 2 Dolphin Kick off walls for Free
Able to maintain breathing patterns in Fly/Free
Compete regularly in meets
Show leadership skills; listen and be attentive to coaches

PRE-SENIOR (13-14) DIVISION

- PRE-SENIOR 4** Age—13-14 years
Multiple 13-14 Junior Olympics Qualifying Times or 1 13-14 Far Westerns Qualifying Time
Complete 10 x 100 Free @ 1:20
Complete 5 x 200 IM @ 3:00
Complete 1000 Kick under 16:30
Follow SCSC dryland training program
Tight Streamlines
5-7 Dolphin Kicks off walls for Fly/Back; 2-3 Dolphin Kicks off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Great Attitude; Great Work Ethic; Great Teammate
- PRE-SENIOR 3** Age—13-14 years
Multiple 13-14 USA Swimming BB Times or 1 13-14 Junior Olympics Qualifying Time
Complete 10 x 100 Free @ 1:30
Complete 5 x 200 IM @ 3:30
Complete 1000 Kick under 18:00
Follow SCSC dryland training program
Tight Streamlines
5 Dolphin Kicks off walls for Fly/Back; 2-3 Dolphin Kicks off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Great Attitude; Great Work Ethic; Great Teammate
- PRE-SENIOR 2** Age—13-14 years
Multiple 13-14 USA Swimming B Times or 1 13-14 USA Swimming BB Time
Complete 8 x 100 Free @ 1:40
Complete 4 x 200 IM @ 3:45
Complete 800 Kick under 16:00
Follow SAC dryland training program
Tight Streamlines
4-5 Dolphin Kicks off walls for Fly/Back; 2-3 Dolphin Kicks off walls for Free
Able to maintain breathing patterns in Fly/Free
Compete regularly in meets
Great Attitude; Great Work Ethic; Great Teammate
- PRE-SENIOR 1** Age—13-14 years
Legally complete all four strokes
Able to do the following: Dive/Start from block; flip turn; legal finishes
Tight Streamlines
3 Dolphin Kicks off walls for Fly/Back; 2 Dolphin Kick off walls for Free
Able to maintain breathing patterns in Fly/Free
Compete regularly in meets
Show leadership skills; listen and be attentive to coaches
Great Attitude; Great Work Ethic; Great Teammate

GOLD (11-12) DIVISION

- GOLD 4** Age—11-12 years
Multiple 11-12 Junior Olympics Qualifying Times or 1 Far Western Qualifying Time
Complete 8 x 100 Free @ 1:30
Complete 3 x 200 IM @ 3:30
Complete 600 Kick under 11:00
Tight Streamlines
4 Dolphin Kicks off walls for Fly/Back; 2 Dolphin Kicks off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Show leadership skills; listen and be attentive to coaches
- GOLD 3** Age—11-12 years
Multiple 11-12 USA Swimming BB Times or 1 11-12 Junior Olympics Qualifying Time
Complete 8 x 100 Free @ 1:45
Complete 3 x 200 IM @ 4:00
Complete 600 Kick under 12:00
Tight Streamlines
3 Dolphin Kicks off walls for Fly/Back; 2 Dolphin Kick off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Show leadership skills; listen and be attentive to coaches
- GOLD 2** Age—11-12 years
Multiple 11-12 USA Swimming B Times or 1 11-12 USA Swimming BB Time
Complete 6 x 100 Free @ 2:00
Complete 4 x 100 IM @ 2:15
Complete 400 Kick @ 9:00
Tight Streamlines
2-3 Dolphin Kicks off walls for Fly/Back; 1-2 Dolphin Kick off walls for Free
Able to maintain breathing patterns in Fly/Free
Compete regularly in meets
Show leadership skills; listen and be attentive to coaches
- GOLD 1** Age—11-12 years
Legally complete all four strokes
Able to do the following: Dive/Start from block; flip turn; legal finishes
Tight Streamlines
2-3 Dolphin Kicks off walls for Fly/Back; 1-2 Dolphin Kick off walls for Free
Able to maintain breathing patterns in Fly/Free
Compete regularly in meets
Show leadership skills; listen and be attentive to coaches
Great Attitude; Great Work Ethic; Great Teammate

YELLOW BELL (10&U) DIVISION

- YELLOW BELL 3** Age—10 years and younger
Multiple 10&U USA Swimming BB Times or 1 10&U Junior Olympics Qualifying Time
Complete 6 x 100 Free @ 1:45
Complete 4 x 100 IM @ 2:00
Complete 400 Kick under 8:00
Tight Streamlines
3 Dolphin Kicks off walls for Fly/Back; 2 Dolphin Kick off walls for Free
Able to maintain breathing patterns in Fly/Free
Committed to attending Championship Meet for season
Show leadership skills; listen and be attentive to coaches
- YELLOW BELL 2** Age—10 years and younger
Multiple 10&U USA Swimming B Times or 1 10&U USA Swimming BB Time
Complete 5 x 100 Free @ 2:00
Complete 3 x 100 IM @ 2:30 (legally)
Complete 300 Kick under 7:00
Tight Streamlines
2-3 Dolphin Kicks off walls for Fly/Back; 1-2 Dolphin Kick off walls for Free
Able to maintain breathing patterns in Fly/Free
Compete regularly in meets
Listen and be attentive to coaches
- YELLOW BELL 1** Age—10 years and younger
Legally complete all four strokes
Able to do the following: Dive/Start from block; flip turn; legal finishes
Tight Streamlines
Dolphin Kick off walls for Fly/Back/Free
Learn breathing patterns in Fly/Free
Compete in meets
Listen and be attentive to coaches