



12 & Under Gold Team Program

Objective:

- ❑ To develop a versatile athlete capable of swimming all four strokes at various distances including the individual medley.
- ❑ To challenge swimmers to compete in every event in their Age Group (i.e. 10 & Under or 11-12) throughout the swimming year.
- ❑ To provide an incentive for athletes to participate in competitions and strive to be the best that they can be.

Standards:

- ❑ The first goal is to earn your **“Gold Team”** patch. To achieve this, swimmer must legally compete in every event in their Age Group each season.
- ❑ The second goal is to earn National Age Group Time Standards. After earning their **“Gold Team”** patch, swimmers who achieve time standards can earn “achievement” bars.

BB bar	achieve BB or faster times in at least 6 events
A bar	achieve A or faster times in at least 5 events
AA bar	achieve AA or faster times in at least 4 events
AAA bar	achieve AAA or faster times in at least 3 events
AAAA bar	achieve AAAA or faster times in at least 2 events

How to track progress:

- ❑ We recommend that swimmers who wish to participate keep a logbook or binder and begin recording their times for each event they swim at meets. FYI- times can be found on-line at the PVS website for each individual swimmer. (www.pvswim.org)
- ❑ Coaches will also be tracking times for individual swimmers.
- ❑ After earning the patch and age group bar, swimmers will have the opportunity to add “GOLD” stars the following year. Ask your coach for clarification.

Good Luck and Swim Fast!!!