



## LVSC Platinum Group Time & Discipline Standards

Below is a compilation of considerations used as a part of the process to assess a swimmer's readiness and ability to be promoted to the LVSC Platinum Group. While these are a few areas of consideration, ultimately the decision to promote a swimmer will remain with the recommendation of the swimmer's current Coach and final approval from the Platinum Coach, Coach Katey.

### Practice Time Standards:

It is required for swimmers to achieve 4 of 5 of these practice standards.

#### Boys:

Set	Recommended	Consideration
6 x 100 Free & Stroke Kick	@ 1:35	@ 1:45
8-10 x 100 Free	@ 1:10	@ 1:15
5 x 200 IM	@ 2:40	@ 2:50
6 x 200 Free	@ 2:25	@ 2:35
4 x 100 Stroke	Fly/Bk @ 1:20 / Br @ 1:25	Fly/Bk @ 1:25 / Br @ 1:35

#### Girls:

Set	Recommended	Consideration
6 x 100 Free & Stroke Kick	@ 1:35	@ 1:45
8-10 x 100 Free	@ 1:15	@ 1:20
5 x 200 IM	@ 2:50	@ 3:00
6 x 200 Free	@ 2:35	@ 2:45
4 x 100 Stroke	Fly/Bk @ 1:30 / Br @ 1:35	Fly/Bk @ 1:40 / Br @ 1:50

### Meet Time Standards:

Platinum Group members should attain a minimum of 5 (15 & Over) CCS Age Group Champs Time Standards. Current Time Standards can be found here: [CCS Age Group Championships Time Standards](#)

### Practice Habits:

Swimmers should demonstrate the following habits in their current group before being considered for Platinum:

1. Maintain 75% attendance minimum in the 8 months prior to moving groups
2. 3 Dolphin Kicks off each wall
3. Not breathing on the 1st stroke off any wall during all practice sets
4. Ability to complete full practices/all sets without sitting out in their current group
5. Showing respect & discipline in their behavior toward coaches, teammates, officials, and all others
6. Demonstrate ability to share lane space in potentially crowded practices
7. Consistently being in the water on time for practices and for meet warmup
8. Exhibit maturity when being coached and during difficult tasks