

LTSE Practice Group Progression Standards

All swimmers should be able to complete the following before being considered for advancement to the next group.

Define and exemplify the following terms:

Discipline - Learning, Training & Correcting

Integrity - Being honest with yourself and with others. Doing what you are supposed to do even if no one is watching you.

Excellence - Doing your best to get better.

	Training	Competition	Skill Progression
Copper approx. 600-1200 yrd	6 x 50 Free on 1:30 6 x 50 Back on 1:30 6 x 50 Kick on 1:30 6 x 25 Breast on 1:00 6 x 25 Fly on 1:00	Legal 25 of all four strokes	Proper Start from blocks - 3 sec Streamline Underwater with appropriate depth control - 25 Kick on Side (Free & Back) - Proper Hip & Shoulder Rotation Free & Back - Freestyle Catch-Up - Backstroke Finish (Stroke Count) - Breaststroke (Pull, Kick, 3sec Glide) - Fly (Feet Together & Hands Together) - Proper Dive - Proper Open Turn with Streamline & Breakout
Bronze approx. 800-1800 yrd	6 x 50 Free on 1:00 6 x 50 Back on 1:10 6 x 50 Breast on 1:30 6 x 50 Fly on 1:30 6 x 50 Kick on 1:30 4 x 100 IM on 2:30	Legal 50 of all for strokes Legal 100 IM 100 Free under 1:50	All Copper requirements plus the following: Proper Start & Breakout for all 4 strokes - Legal Turn for all four strokes - Proper Butterfly Timing with Kick, Stroke & Breathing - Proper Breaststroke Timing (Pull, Breathe, Kick, Glide) - Freestyle 6 Kick Switch Drill - Backstroke 6 Kick Switch Drill - Breaststroke 3 Kicks 1 Pull Drill - Butterfly Catch-Up Drill - Legal IM turns - Proper Underwater Dolphin Kick Technique
Silver1 approx. 2000-3000 yrd	3 x 200 IM on 3:50 SCY 6 x 100 Kick on 2:10 SCY 8 x 100 Free on 1:50 SCY <i>And any one of the following</i> 12 x 100 Free on 1:45 SCY 6 x 100 Fly on 2:10 SCY 12 x 100 Back on 2:00 SCY 12 x 100 Breast on 2:10 SCY	Legal 100 of all for strokes Legal 200 IM 4 "BB" Time Standards 200 Free under 3:00	All Bronze requirements plus the following: - 25 Kick in Streamline with body roll breathing - Holding Proper Streamline until fingertips reach flags - Ability to read pace clock and correctly self time & complete interval repeats - Completing 25 yards of each stroke while holding the same time & same number of strokes or decreasing number of strokes by at least one.
Silver2 approx. 2000-3000 yrd	3 x 200 IM on 3:50 SCY 6 x 100 Kick on 2:05 SCY 8 x 100 Free on 1:45 SCY <i>And any one of the following</i> 12 x 100 Free on 1:40 SCY 6 x 100 Fly on 2:05 SCY 12 x 100 Back on 1:55 SCY 12 x 100 Breast on 2:10 SCY	Legal 100 of all for strokes Legal 200 IM 4 "BB" Time Standards 200 Free under 3:00	All Bronze requirements plus the following: - 25 Kick in Streamline with body roll breathing - Holding Proper Streamline until fingertips reach flags - Ability to read pace clock and correctly self time & complete interval repeats - Completing 25 yards of each stroke while holding the same time & same number of strokes or decreasing number of strokes by at least one.
Gold approx. 2500-3500 yrd	Stroke LCM / SCY 4 x 200 IM on 4:10 / 3:45 7 x 100 Kick on 2:20 / 2:10 10 x 100 Free on 1:45 / 1:35 <i>And any one of the following</i> 16 x 100 Free on 1:35 / 1:25 9 x 100 Fly on 2:00 / 1:50 16 x 100 Back on 1:50 / 1:40 16 x 100 Breast on 2:00 / 1:50	Event LCM / SCY 100 Free 1:20 / 1:10 100 Back 1:35 / 1:25 100 Breast 1:50 / 1:35 100 Fly 1:40 / 1:25 200 IM 3:20 / 2:55	All Silver requirements plus the following: - 50 Kick in Streamline with body roll breathing - Holding Proper Streamline until toes reach flags - Ability to read pace clock and correctly self time & complete interval repeats - Completing 25 yards of each stroke while holding goal time & same number of strokes or decreasing number of strokes by at least one.
Platinum approx. 3000-6000 yrd	Stroke LCM / SCY 6 x 200 IM on 3:40 / 3:20 8 x 100 Kick on 2:10 / 2:00 16 x 100 Free on 1:40 / 1:30 <i>And any one of the following</i> 20 x 100 Free on 1:30 / 1:20 20 x 100 Fly on 1:40 / 1:30 20 x 100 Back on 1:40 / 1:30 20 x 100 Breast on 1:50 / 1:40	Event LCM / SCY 100 Free 1:15 / 1:05 200 Free 2:40 / 2:20 400/500Free 5:20 / 6:00 800/1000Free 10:40 / 12:00 1500/1650Free 20:00 / 19:15 100 Back 1:25 / 1:15 100 Breast 1:35 / 1:25 100 Fly 1:25 / 1:15 200 IM 3:00 / 2:40	All Gold requirements plus the following: - Effective Sculling & Posture - Streamline until 1 and a half body length past flags - Ability complete interval sets while maintaining consistent times & stroke rate
Senior approx. 3500-8000 yrd	Stroke LCM / SCY 4 x 400 IM on 6:40 / 6:00 12 x 100 Kick 2:00 / 1:50 24 x 100 Free on 1:30 / 1:20 <i>And any one of the following</i> 24 x 100 Free on 1:20 / 1:10 24 x 100 Back on 1:30 / 1:20 24 x 100 Breast on 1:40 / 1:30 24 x 100 Fly on 1:30 / 1:20	Achieve at least one "AA" or "AAA" time standard	All Platinum requirements plus the following: - Legal 400 IM with correct stroke transitions - Control pace for 100 & 200 of each stroke - Can effectively calculate & implement race strategy

****All group placement will be at the discretion of the coaching staff.****