

## Boise Y Swim Team- National Group Expectations

The National Training group is for swimmers aspiring to reach the highest levels in swimming. This group is the highest training group in our Boise Y swim team practice structure. Swimming practice and competitions need to be a high priority. Your conduct and character values need to be that of a positive role model to the entire team.

- Swimming is a high priority in your life- striving for personal excellence and top-level performances.
- You should be able to handle time management between family commitments, swim practices and schoolwork.
- You will be responsible for attending the number of practices per week set by the Head Coach. Some will be assigned AM practices and others should use the AM practices as make-ups. Those not assigned AM practices should use the AM as make-up practices.
- You should have self-motivation in controlling enough sleep, proper nutrition, and psychological preparations.
- You should demonstrate good team sportsmanship by helping teammates achieve their goals by your positive encouragement and actions.
- You should have the support of your family to help you reach top level performances. This includes providing you the opportunity to be a responsible dedicated member of this group.
- Swimmers are expected to bring the required training equipment to each practice.
- National swimmers should be able to compete the posted challenge sets.
- Your competition and practice schedules need to be a high priority working with the head coach to help support your individual and team goals.
- **Expected minimum training sets to accomplish to be in the National Group:**

**12 x 100 @ 1:15 – 6 x 200 IM @ 3 – 10 x 100 kick @ 1:40 – 10 x 100 back @ 1:30 – 10 x 100 breast @ 1:40 – 16 x 50 fly @ :50 – 500 free @ 5:50**

| National Training Group Time Standards - |                   |            |                   |                  |
|--|-------------------|------------|-------------------|------------------|
| Girls short course                       | Girls long course | Event      | Boys short course | Boys long course |
| 24.69                                    | 27.95             | 50 free    | 22.09             | 25.01            |
| 53.39                                    | 1:00.44           | 100 free   | 48.19             | 54.56            |
| 1:55.39                                  | 2:10.64           | 200 free   | 1:45.19           | 1:59.09          |
| 5:07.69                                  | 4:34.61           | 500 free   | 4:45.49           | 4:14.79          |
| 10:27.99                                 | 9:20.48           | 1000 free  | 9:46.99           | 8:43.99          |
| 17:32.99                                 | 17:50.82          | 1650 free  | 16:22.99          | 16:39.64         |
| 59.09                                    | 1:06.90           | 100 back   | 53.89             | 1:01.01          |
| 2:07.29                                  | 2:24.11           | 200 back   | 1:56.59           | 2:12.00          |
| 1:07.89                                  | 1:16.86           | 100 breast | 1:00.89           | 1:08.93          |
| 2:27.59                                  | 2:47.10           | 200 breast | 2:12.69           | 2:30.23          |
| 58.69                                    | 1:06.44           | 100 fly    | 52.79             | 59.76            |
| 2:10.79                                  | 2:28.08           | 200 fly    | 1:57.79           | 2:13.36          |
| 2:09.79                                  | 2:26.94           | 200 IM     | 1:57.79           | 2:13.39          |
| 4:36.59                                  | 5:13.15           | 400 IM     | 4:14.99           | 4:48.69          |