

Clovis Swim Club Elite Group Standards

1. Athletes must have achieved three (3) Elite Group time standards.

Female		Event	Male	
LCM	SCY		LCM	SCY
29.19	25.29	50 Free	26.39	22.79
1:02.59	54.59	100 Free	56.89	48.79
2:14.69	1:57.39	200 Free	2:04.89	1:47.49
4:42.49	5:13.09	400/500 Free	4:22.89	4:49.69
9:43.19	10:48.29	800/1000 Free	9:04.59	9:59.69
18:42.89	17:56.49	1500/1650 Free	17:36.79	16:54.29
1:10.29	1:00.19	100 Back	1:04.09	54.29
2:30.79	2:09.29	200 Back	2:18.89	1:57.69
1:19.49	1:08.49	100 Breast	1:11.89	1:00.79
2:51.49	2:28.69	200 Breast	2:35.29	2:11.69
1:08.19	59.79	100 Fly	1:01.99	53.69
2:29.09	2:10.89	200 Fly	2:16.39	1:57.89
2:32.29	2:12.89	200 IM	2:19.29	1:58.69
5:21.29	4:40.59	400 IM	4:56.69	4:13.49

2. Athletes must be able to do one of the following training sets:
 - a. 30 x 100 FR SCY @ 1:15
 - b. 30 x 100 IM SCY @ 1:25
3. All athletes must attend Monday morning practice and a minimum of 7 practices per week.
 - a. Additional practices may be required as developmentally appropriate
4. A positive respectful work ethic is required at all times.
5. A signed Athlete Contract is mandatory.
6. Water Polo and Swimming
 - a. Elite group athletes may play Water Polo during the HS Season. However, Athletes are expected to participate in morning practices.
 - b. Athletes will not be excused from Elite group practices for participation in other sports at any other time. Swimming is expected to be their first athletic priority.

Notes:

- Any athlete participating in the Physical Education Directed Study program must participate in a minimum of 9 practices per week.
- Any violation of the Clovis Swim Club Athlete Code of Conduct or CUSD Travel Code of Conduct is cause for removal from the Elite Group.
- Athletes partially deficient in the above criteria may be invited to participate in the Elite Group if the Head Coach believes that it is developmentally appropriate and in the athlete's best interest.