

Clovis Swim Club Elite Group Standards

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

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:26.29	0:25.49	0:22.99
1:02.69	1:01.09	0:54.99	100 Free	0:57.49	0:55.89	0:50.29
2:15.09	2:11.89	1:58.79	200 Free	2:05.79	2:02.59	1:50.39
4:43.99	4:37.59	5:18.19	400/500 Free	4:26.79	4:20.39	4:58.89
9:51.69	9:38.89	11:02.99	800/1000 Free	9:20.89	9:08.09	10:28.49
18:55.69	18:31.69	18:33.39	1500/1650 Free	18:03.69	17:39.69	17:42.49
1:11.59	1:10.39	1:03.49	100 Back	1:06.19	1:04.99	0:58.59
2:33.29	2:30.89	2:15.89	200 Back	2:23.79	2:21.39	2:07.39
1:19.59	1:17.59	1:09.89	100 Breast	1:14.39	1:12.39	1:05.19
2:54.09	2:50.09	2:33.29	200 Breast	2:43.09	2:39.09	2:23.39
1:09.59	1:08.19	1:01.49	100 Fly	1:03.39	1:01.99	0:55.79
2:35.49	2:32.69	2:17.59	200 Fly	2:23.89	2:21.09	2:07.09
2:33.99	2:30.79	2:15.79	200 IM	2:22.39	2:19.19	2:05.39
5:25.79	5:19.39	4:47.69	400 IM	5:04.59	4:58.19	4:28.69

2. Athletes must be able to do one of the following training sets:

- 20 x 100 FR SCY @ 1:15
- 20 x 100 IM SCY @ 1:30

3. Athletes must be committed to the following **minimum** practice attendance requirements.

- Year 1 / 9th Grade – 8 practices per week (2 mornings per week)
- Year 2 / 10th Grade – 9 practices per week (3 mornings per week)
- Year 3 / 11th or 12th Grade – 10 practices per week (4 mornings per week)

4. A positive respectful work ethic is required at all times.

5. A signed Athlete Contract is mandatory.

6. Water Polo and Swimming

- Elite group athletes may play Water Polo during the HS Season if they participate in a minimum of three morning swim practices per week.
- 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 10 practices per week regardless of the number of years they have participated in the elite group.
- Any violation of the Clovis Swim Club Athlete Code of Conduct or CUSD Travel Code of Conduct may be cause for removal from the Elite Group.
- Athletes may be required to do more than the minimum practice requirement when developmentally appropriate.
- Athletes with only one or two time standards 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.