

BOCA RATON SWIM TEAM

SENIOR PROGRAM GROUP PROMOTION GUIDELINES

Senior Team (SR)	2.5 hours / swim practice		
Swimmer Age	High School age and older (13-14 with requirements)		
Commitment	Recommend 3-5 practices per week; more practice leads to faster improvement		
Performance Criteria	High School age and older: Swim a 50 of all 4 strokes 13-14 year olds must make either: Competitive Event Times in 4 events OR Both of the training sets		
Competitive Event Times	High School age and older: <i>Participation in USA Swimming meets is requested</i> 13-14 year olds must have 4 cuts: Southern Zone Sectional Spring Cuts		
Training Sets	15 x 200 FR 12 x 200 IM	2:40 (SCY) 3:00 (SCY)	3:00 (LCM) 3:20 (LCM)

Read below for Age Group and Novice

BOCA RATON SWIM TEAM

AGE GROUP PROGRAM GROUP PROMOTION GUIDELINES

Advanced Age Group (AAG)		2 hours		
Swimmer Age	9 to 14 years old			
Commitment	Must attend an average of 4 practices per week or more			
Performance Criteria	Must make: * Competitive Event Times in 2 stroke categories OR * Both of the training Sets			
Competitive Event Times	EVENT	YARDS	LC METERS	
	200 FR	2:22.59	2:42.79	
	100 BA	1:15.29	1:28.29	
	100 BR	1:24.29	1:38.09	
	100 FL	1:16.09	1:26.69	
	200 IM	2:38.69	3:03.29	
Training Sets	8 x 200 FR	3:30	4:00	
	6 x 200 IM	4:00	4:30	

Age Group (AG)		1.5 hours		
Swimmer Age	9 to 14 years old			
Commitment	Recommend 2-4 practices per week; more practice leads to faster improvement			
Performance Criteria	Must be able to perform: * legal 50 yard or meters of all four competitive strokes from a dive (starting block) *legal turns for all four competitive strokes *legal 100 yard Individual Medley under 2:30 *legal 100 Freestyle under 2min			

Novice		60 minutes		
Swimmer Age	10 & Under			
Commitment	Recommend 2-3 practices per week; more practice leads to faster improvement			
Performance Criteria	Swim 25 yards			