

Platinum Group Performance and Attendance Policy

The Platinum group is an invitation only group. This means you have to have a recommendation from your current coach and then you have to meet with, and be offered a place in the group by, the head coach of the Platinum group.

Performance Requirements:

- Must be able to hold at least a 1:15 base interval for freestyle workouts
 - This could be 100's (8 x 100 Free @ 1:15)
 - Could also mean longer swims on a 1:15 base (400's @ 5:00)
- Must be able to hold at least a 1:30 base interval for IM workouts
 - This could be 100's (8 x 100 IM @ 1:25)
 - Could also mean longer swims on a 1:25 base (400's @ 5:40)

Attendance Requirements:

There is a clear link between attendance at workouts and performance. At the Platinum level, attendance at practice is mandatory if a swimmer wishes to remain in the group.

Attendance at a workout means that a swimmer attended and completed both the dryland and swimming session.

- Specific situations that may require a swimmer to miss a portion of a workout will be taken into consideration.
- If a swimmer displays a pattern of missing parts of a workout, that swimmer and parent(s) will be informed of this issue and the swimmer will start losing credit for those workouts.
- Platinum swimmers are required to maintain at least 80% attendance **throughout the entire season.**
 - During summer training this means a swimmer must attend a minimum of 7 out of 8 workouts per week.
 - During the fall/winter/spring season a swimmer must attend a minimum of 5 out of 6 workouts per week.
- Attendance reports will be made available to swimmers and parents on a weekly interval.
 - If a swimmer's overall average falls below the required attendance rate (80%), the coach will inform this swimmer and their parent(s) of the issue.
 - If a swimmer's overall attendance is below 80%, and they have a week where their attendance is below 80% they will be suspended from the group.
 - A meeting with the platinum group head coach will be required to determine the next course of action.
 - Extenuating circumstances will be taken into account when looking at a swimmer's attendance.