



## Senior I Training Group Requirements

Updated 4/23

1. Commit to keeping a 90% running average attendance.
2. Must attend Y Nationals if so qualified, both summer and spring meet.
3. Must have 2 or more *USA National Motivational Time Standards (15yr AAA level)*, or 1 YMCA National cut.
4. Must have proven that you are a positive, loyal teammate and are coachable.
5. Must be in high school, (qualifying 8<sup>th</sup> graders will be evaluated on individual basis)
6. Must have shown the ability to train at a consistent high level.

To be invited into the Senior I training group will mean that swimming is a full time commitment at this part of your life and expectation will be as such, every season. Training will be challenging and include dry land, weights, and required doubles. Freshman may not be required to attend doubles. It also means any summer work either not be taken or done around practices and meet schedule. It is also suggested to take any vacations after the season. Goals for this group will be to reach a National level or even International level if your talent allows. If your main focus is high school competition then the Senior I group is not the group for you. Participating in another sport is a conflict with making these expectations. You must tell the coach upfront if you are planning on any outside sports. A fall conflict will be the only one accepted.

## 2021-2024 National Age Group Motivational Times

Yards

Meters

Boys	Girls		Girls	Boys
22.29	24.99	<b>50 Free</b>	28.59	25.59
48.99	54.09	<b>100 Free</b>	1:02.19	56.59
1:47.29	1:57.39	<b>200 Free</b>	2:13.99	2:03.69
4:51.19	5:14.79	<b>500/400 Free</b>	4:41.69	4:22.19
10:07.39	10:51.59	<b>1000/800 Free</b>	9:42.49	9:10.09
16:57.79	18:08.39	<b>1650/1500 Free</b>	18:38.79	17:24.19
53.49	58.69	<b>100 Back</b>	1:08.59	1:02.99
1:56.29	2:08.09	<b>200 Back</b>	2:28.09	2:16.49
1:00.19	1:07.49	<b>100 Breast</b>	1:18.19	1:10.59
2:12.19	2:26.19	<b>200 Breast</b>	2:49.59	2:33.49
53.09	58.69	<b>100 Fly</b>	1:07.09	1:00.79
1:58.19	2:09.89	<b>200 Fly</b>	2:27.19	2:15.39
1:59.19	2:10.99	<b>200 IM</b>	2:30.79	2:18.79
4:16.99	4:39.59	<b>400 IM</b>	5:20.49	4:53.89