



College Swimmer

Columbia 2

Columbia 1

Group Standards-These standards are a guide for coaches placement of swimmers from group to group. Swimmers that make more standards are more likely to be moved up when space becomes available in the next group. Move ups must be agreed upon by the coach of the current group, coach of the next group up, the swimmer, and the parent. A swimmer's age is based on how old they will turn during that season before the championship meet.

Age(Price per month)

College Swimmer (\$360 for the whole summer)

14&Over(\$115)

14&Over (\$160)

Behavior

Good Listener. Follows all instructions. Good Lane etiquette.

Freestyle

This group is for previous TEAM swimmer that are returning from college. One amount, paid in June, covers the whole summer as well as Christmas and Thanksgiving break. Returning swimmers are encouraged to bring back caps from their college team for our 10&U motivational cap program.

10 x 100 free @ 1:30

10 x 100 free @ 1:15

Kick

BRTH3, 4SLDK, No BRTH 2ST In&Out of walls

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IM

10x100 FR K on 1:35, 8x50 kick on :55 (2 of each stroke)

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Butterfly

3x200 IM Descending 1-3 @ 2:50

3x200 IM Descending 1-3 @ 2:50

Backstroke

100% Legal, Descending 1-3

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Breaststroke

5x75 Fly @ 1:10

5x75 Fly @ 1:00

Clock Management

100% Legal. BRTH 2down1up. No breaking Stroke

Attendance

4x100 back @ 1:35

4x100 back @ 1:20

Leadership

w/1 BK STRT, 100%Legal, 4SLDK/wall, Knows ST Count

Time Standard/ Meet Habits

4x100 breast @ 1:45

4x100 breast @ 1:30

Coachability

100%Legal w/Plout

100%Legal w/Plout

Can change intervals mid set, knows times at all times. Is able to descend and ascend on cue.

90%

90%

Leads Mallard group. Motivates lane. Good role model for TEAM. Leads TEAM cheer.

90% Participation in meets recommended by coach. Get to races on their own. Have an IMX Score, at least 4x13year old sectional time

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Wants to be at practice. Actively seeking ways to improve. Shows an interest in swimming correctly and efficiently. Enjoys practices.