

TO: Gold Group Swimmers and Parents
FROM: Coach Todd Marsh and Coach Mike Lewellyn
RE: Gold Group Expectation Levels

We've developed these guidelines to determine where each swimmer fits within the Boise Ys program. These expectations will assist us in making decisions regarding promotions as well as setting direction from group to group. This should also provide swimmers and parents with some understanding of our expectations. As a rule of thumb, a swimmer should probably be promoted to the next group when he or she has "swum out" of a group, i.e., advanced to the point that his or her progress could better be sustained in the next higher group.

- Swimming should have higher priority in your life than when you were in the previous Group.
- You should attend four to six workouts per week. The coaches will make individual practice assignments, depending upon age or other considerations.
- You should be striving for full IMX scores.
- Be committed to competing at all of our team meets and championships if qualified.
- You should be willing to be a leader in the pool (lead your lane) and during stretching and exercising.
- You should demonstrate the YMCA Core Values and encourage younger or less experienced Boise Y swimmers to work hard towards their goals and support the goals of your teammates.
- You should have a positive attitude about swimming, be willing to learn about your potential, and work towards the challenges ahead of you.
- You should demonstrate control over the factors that operate your body (healthy eating and sleeping habits) and wisely manage your time (family commitments, homework, play).
- You should be able to set short-term and long-term personal and swimming goals, and from these develop daily "mini-goals".
- Be willing to learn your potential capabilities by accepting and working towards achieving the goals and challenges set before you
- Gold swimmers should be able to complete the senior challenge sets.
- Swimmers need to bring all required training equipment to each practice.
- 13 years of age and attain (3) 13 year old national age group motivational times
- Coaches must approve group advancements
- Expected to participate and contribute in our team's Aquathon

Expected minimum training sets to accomplish to be in the Gold group:

12 x 100 free @1:25 5 x 200 IM @3:10 8 x 100 back @ 1:35
 8 x 100 breast @1:50 12 x 50 fly @:50 1 x 100 kick @ 1:50
 500 free under 6:20 IMX Score

Gold group time standards					
Girls	Short Course	Long Course	Boys	Short Course	Long Course
50 free	28.89	32.99	50 free	27.09	31.19
100 free	1:02.39	1:11.39	100 free	59.19	1:07.79
200 free	2:14.89	2:34.19	200 free	2:09.29	2:27.39
500/400 free	5:59.79	5:20.79	500/400 free	5:46.09	5:11.49
1000/800 free	12:24.79	11:06.19	1000/800 free	11:58.39	10:44.39
1650/1500 free	20:45.99	21:13.59	1650/1500 free	20:06.19	20:36.69
100 back	1:08.49	1:19.69	100 back	1:05.59	1:16.29
200 back	2:28.69	2:50.69	200 back	2:21.99	2:44.59
100 breast	1:18.69	1:30.69	100 breast	1:14.59	1:25.59
200 breast	2:50.19	3:15.69	200 breast	2:41.99	3:06.09
100 fly	1:08.49	1:17.19	100 fly	1:04.49	1:13.79
200 fly	2:31.09	2:51.89	200 fly	2:23.29	2:44.29
200 IM	2:32.29	2:54.79	200 IM	2:24.69	2:47.09
400 IM	5:21.89	6:08.59	400 IM	5:08.19	5:54.49