

TO: National Group Swimmers and Parents
FROM: Coach Todd Marsh
RE: National Group Expectation Levels

The National Training group is for swimmers aspiring to reach the highest levels in swimming. This is the highest training group in our Boise Y swim team practice group structure. Swimming practice and competitions need to be a high priority. Your conduct and character values need to be that of a positive role model to the entire team.

- Swimming is a very high priority in your life - striving for personal excellence and top level performance.
- You should be able to handle time management of your family commitments, swim practices and school work.
- You will be responsible for attending the number of practices per week set by the Head Coach.
- Some will be assigned AM practices, and others should use AM practices for make-ups. Others who are not assigned AM schedules should use these practices for make-ups.
- You should be working towards developing your maximum swimming potential.
- You should be motivated to be in control of the factors that operate your body (sleep, nutrition, weight control, and psychological preparation).
- You should be motivated to operate in the proper training environment as a young adult and be responsible for yourself.
- You should demonstrate good team sportsmanship by helping your teammates reach their goals through your positive encouragement and actions - regardless of pool locations.
- You should have the support of your family to help you reach top level performances. This includes providing you the opportunity to be a responsible and dedicated member of this group. Swimmers are expected to participate and exceed their expected Aquathon goal
- Swimmers are expected to bring required equipment to each practice.
- National swimmers should be able to complete the posted challenge sets.
- Your competition and practice schedule needs to be a high priority as set by the Head Coach.

Expected minimum training sets to accomplish to be in the National Group:

16 x 100 @ 1:15 6 x 200 IM @3:00 10 x 100 kick @ 1:30
 10 x 100 bk@1:30 10 x 100br @1:40 16 x 50 fly @:50
 500 fr @5:50

National Group Time Standards				
Girls Short course	Girls Long course	Event	Boys Short course	Boys Long course
25.19	28.59	50 free	22.59	25.89
54.59	1:01.89	100 free	49.19	56.39
1:57.99	2:13.09	200 free	1:47.39	2:02.49
5:12.69	4:37.79	500/400free	4:49.49	4:22.39
10:37.99	9:28.29	1000/800 free	9:58.89	8:55.19
17:49.99	18:09.49	1650/1500free	16:43.79	17:08.19
1:00.49	1:08.29	100 back	55.29	1:03.49
2:09.99	2:26.99	200 back	1:58.99	2:16.99
1:09.29	1:19.99	100 breast	1:02.09	1:11.99
2:29.99	2:51.99	200 breast	2:15.99	2:36.99
1:00.09	1:07.99	100 fly	54.99	1:01.99
2:13.99	2:32.99	200 fly	2:00.99	2:17.99
2:12.99	2:30.99	200 IM	2:00.99	2:19.99
4:41.99	5:17.99	400 IM	4:18.99	4:58.99