

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

Although practice groups and the “lines” between them are not structured rigidly, we’ve developed these guidelines to determine where each swimmer fits within the Boise Ys program. These will assist us in making decisions regarding promotions and setting direction from group to group and provide swimmers and parents 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 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 – 13-14 Age Group Sectional and Senior Sectional qualifiers. We expect all to strive for their peak potential and support those who can be the world’s best.
- 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 the Senior Group.
- Senior swimmers are expected to participate and exceed their expected Aquathon goal
- Swimmers are expected to bring required equipment to each practice.
- Senior swimmers should be able to complete the posted challenge sets.

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

12 x 100 free @ 1:20 6 x 200 IM @3:00 10 x 100 kick 1:40 10 x 100 bk @1:30
 8 x 100 br @ 1:40 16 x 50 fly @:50 500 free 6:00

Senior Group Time Standards					
Girls	Short Course	Long Course	Boys	Short Course	Long Course
50 free	27.9	31.59	50 free	25.99	29.89
100 free	59.79	1:08.39	100 free	56.69	1:04.89
200 free	2:09.19	2:27.69	200 free	2:03.89	2:21.29
500/400 free	5:44.79	5:07.39	500/400 free	5:31.59	4:58.49
1000/800 free	11:53.79	10:38.39	1000/800 free	11:28.49	10:17.49
1650/1500 fr	19:54.09	20:20.49	1650/1500 fr	19:15.89	19:45.19
100 back	1:05.69	1:16.39	100 back	1:02.89	1:13.09
200 back	2:22.49	2:43.59	200 back	2:16.09	2:37.69
100 breast	1:15.39	1:26.39	100 breast	1:11.49	1:21.99
200 breast	2:43.09	3:07.59	200 breast	2:35.19	2:58.39
100 fly	1:05.59	1:13.89	100 fly	1:01.79	1:10.69
200 fly	2:24.79	2:44.79	200 fly	2:17.39	2:37.39
200 IM	2:25.99	2:47.99	200 IM	2:18.59	2:40.19
400 IM	5:08.49	5:53.19	400 IM	4:55.29	5:39.69