

TO: Silver Group Swimmers and Parents
FROM: Coach Todd Marsh and Coach Mike Lewellyn
RE: Silver 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.

- You should have the desire to improve your swimming.
- You should be learning how to use the YMCA values in your practices and life.
- Be committed to competing at all of our team meets and championships if qualified.
- You should be striving for full IMX scores.
- You should be learning to be a leader in the pool (lead your lane) and during stretching and exercises.
- You should encourage yourself and others to work hard, listen carefully to instructions, and demonstrate a positive attitude about swimming.
- You should be willing to learn about yourself and your potential capabilities by accepting and working towards achieving the challenges set before you.
- You should perform underwater swimming and underwater racing off all walls on backstroke and freestyle and legal turns for butterfly, breaststroke, and all individual medley transitions.
- You should be able to adjust productively to the conditions that surround you (leaky goggles, colder water, situations involving lane etiquette, and use of the pace clock).
- You should become familiar with your body's operating habits (sleeping schedules, proper eating habits, and good time management).
- Silver swimmers should be striving to complete the Gold challenge sets.
- Swimmers need to bring all training equipment to practice
- Swimmers are expected to participate and contribute to our team's Aquathon
- 11 and older years of age and attained (3) 13 year old BB age group motivational times
- Coaches must approve all group advancements

Expected minimum training sets to accomplish to be in the Silver group

12 x 100 free @ 1:30 5 x 200 IM @ 3:20 8 x 100 back @ 1:40
 8 x 100 breast @ 2:00 12 x 50 fly @ :55 10 x 100 kick @ 2:00
 500 free 6:45 IMX Score

Silver Group Time Standards					
Girls	Short Course	Long Course	Boys	Short Course	Long Course
50 free	31.29	35.69	50 free	29.39	33.79
100 free	1:07.59	1:17.29	100 free	1:04.09	1:13.39
200 free	2:26.09	2:46.99	200 free	2:19.99	2:39.69
500/400 free	6:29.79	5:47.49	500/400 free	6:14.89	5:37.49
1000/800 free	13:26.89	12:01.69	1000/800 free	12:58.29	11:38.09
1650/1500 free	22:29.79	22:59.69	1650/1500 free	21:46.69	22:19.79
100 back	1:14.19	1:26.29	100 back	1:11.09	1:22.69
200 back	2:41.09	3:04.89	200 back	2:33.79	2:58.29
100 breast	1:25.29	1:38.29	100 breast	1:20.79	1:32.69
200 breast	3:04.39	3:31.99	200 breast	2:55.49	3:21.69
100 fly	1:14.19	1:23.59	100 fly	1:09.89	1:19.89
200 fly	2:43.69	3:06.29	200 fly	2:35.29	2:57.89
200 IM	2:44.99	3:09.29	200 IM	2:36.69	3:00.99
400 IM	5:48.69	6:39.29	400 IM	5:33.79	6:23.99