

**TO: Sockeye 1 Group Swimmers and Parents**  
**FROM: Coach Todd Marsh and Coach Mike Lewellyn**  
**RE: Sockeye 1 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 be able to swim freestyle, butterfly, backstroke, breaststroke and IM legally.
- You should have the desire to improve your swimming, attempting flip turns at every wall for freestyle and backstroke and performing legal turns for butterfly, breaststroke and individual medley transitions.
- You should be learning to be a leader in the pool (lead your lane) and during stretching and exercises.
- Be committed to competing at all of our team meets and championships if qualified.
- You should be striving for a full IM Ready or IMX score.
- You should continue to learn to be encouraging yourself and others to work hard, listen carefully to instructions, and demonstrate a positive attitude about swimming.
- You should be learning how to use the YMCA Core Values in your practices and life.
- You should be willing to learn about yourself and your potential capabilities.
- You should learn 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, eating, and time management).
- You should be able to set daily personal and swimming goals for yourself.
- Swimmers are expected to bring swim equipment to practice
- Swimmers are expected to participate and contribute to our team's Aquathon
- Sockeye 1 swimmers should be striving to complete the Bronze challenge sets.
- 9-12 years of age and have attained at least (1) 10 year old B age group motivational time
- 8 and Under swimmers must attain at least (3) 10 year old motivational times
- Coaches must approve all group move ups

**Expected minimum training sets to accomplish to be in the Sockeye 1 group**

6 x 100 free @2:00      4 x 100 IM @2:30      6 x 50 fly @1:10      8 x 50 bk @ 1:10  
 8 x 50 br @1:15 10 x 50 kick @1:430      500 free @9:00      IM Ready score

| <b>Sockeye 1 Time Standards</b> |                     |                    |              |                     |                    |
|---------------------------------|---------------------|--------------------|--------------|---------------------|--------------------|
| <b>Girls</b>                    | <b>Short Course</b> | <b>Long Course</b> | <b>Boys</b>  | <b>Short Course</b> | <b>Long Course</b> |
| 50 free                         | 39.49               | 44.99              | 50 free      | 38.49               | 43.79              |
| 100 free                        | 1:30.69             | 1:43.09            | 100 free     | 1:28.49             | 1:41.29            |
| 200 free                        | 3:20.19             | 3:48.49            | 200 free     | 3:09.09             | 3:34.79            |
| 500/400 free                    | 8:30.49             | 7:37.29            | 500/400 free | 8:22.79             | 7:29.49            |
| 50 back                         | 48.59               | 55.69              | 50 back      | 48.59               | 55.69              |
| 100 back                        | 1:45.09             | 2:01.89            | 100 back     | 1:41.39             | 1:56.09            |
| 50 breast                       | 53.59               | 1:01.29            | 50 breast    | 53.19               | 1:01.19            |
| 100 breast                      | 1:58.79             | 2:16.89            | 100 breast   | 1:53.69             | 2:11.99            |
| 50 fly                          | 47.99               | 54.39              | 50 fly       | 46.69               | 52.79              |
| 100 fly                         | 1:55.49             | 2:11.19            | 100 fly      | 1:54.09             | 2:09.39            |
| 200 IM                          | 3:40.39             | 4:10.09            | 200 IM       | 3:38.89             | 4:08.09            |