

**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. The high school group has a wide mixture of abilities. This group provides an opportunity to transition into a higher group level and also provides a practice group for swimmers who enjoy a team environment without high competitive aspirations.

- You should be able to swim freestyle, butterfly, backstroke, and breaststroke legally.
- You should be learning how to use the YMCA values in your practices and life.
- 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.
- We encourage swimmers to compete in all local swim meets.
- You should be striving for full IMX scores.
- You will be encouraged to be a leader in the pool (lead your lane) and during stretching and exercises.
- You should be encouraging 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 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 be able to set daily personal and swimming goals for yourself at each practice.
- High school group swimmers should be striving to accomplish personal goals and are encouraged to help in achieving team goals.
- Swimmers are expected to participate and contribute to our team's Aquathon
- Swimmers in the high school group should be 13 years old.

**Expected minimum training sets to accomplish to be in High School group:**

8 x 100 fr @ 2:30	4 x 100 IM @ 3	10 x 50 kick @ 1:30	8 x 50 bk @ 1:15
8 x 50 br @ 1:20	500 free		