

## Boise Y Swim Team- Gold Group Expectations

These guidelines and group expectations were developed to help determine where each swimmer would best fit into our Boise Y Swim Team practice group level. The Gold group is a preparation group for swimmers preparing to join the Senior group. Swimmers are being challenged to perform at higher levels and are learning to be young leaders within our team.

- Swimming should have a higher priority in your life more than when you were in the Silver group.
- You should be attending four to six practice sessions per week.
- Be committed to competing at all our team meets and qualified championship meets.
- You should be willing to be a leader in the pool (lead your lane)
- You should demonstrate YMCA core values and encourage younger less experienced Boise Y swimmers to work towards their goals and support the goals of your teammates.
- Swimmers need to bring all required equipment to each practice
- Swimmers advancing to the gold group are usually 12 years of age or older and have attained (3) group time standards and able to achieve most challenge sets below.

**Expected minimum training sets to accomplish to be in the Gold group:**

**12 x 100 free @ 1:25- 5 x 200 IM @ 3:10 – 8 x 100 back @ 1:35 – 8 x 100 breast @1:50-**

**12 x 50 fly @ :50 -5 x 100 kick @ 1:50 – 500 free under 6:20**

<b>Gold Group Time standards</b>				
<b>Girls short course</b>	<b>Girls long course</b>	<b>Event</b>	<b>Boys short course</b>	<b>Boys long course</b>
29.99	32.99	50 free	27.99	31.99
1:03.99	1:11.99	100 free	1:00.99	1:07.99
2:16.99	2:34.99	200 free	2:12.99	2:27.99
6:04.99	5:20.99	500/400 free	5:51.99	5:11.99
12:34.99	11:06.99	1000/800 free	12:08.99	10:44.99
20:59.99	21:13.99	1650 /1500 free	20:26.99	20:36.99
1:09.99	1:19.99	100 back	1:06.99	1:16.99
2:30.99	2:50.99	200 back	2:23.99	2:44.99
1:19.99	1:30.99	100 breast	1:15.99	1:25.99
2:52.99	3:15.99	200 breast	2:43.99	3:06.99
1:09.99	1:17.99	100 fly	1:05.99	1:13.99
2:33.99	2:54.99	200 fly	2:25.99	2:44.99
2:33.99	2:54.99	200 IM	2:26.99	2:47.99
5:25.99	6:08.59	400 IM	5:12.99	5:54.99