

Boise Y Swim Team- Silver 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 Silver group is for those swimmers seeking to higher performance goals and expectations from the Bronze level group. Swimmers will be asked to a higher practice performance along with more practice sessions. Swimmers are learning to be leaders in their lane, group and on our team.

- You should have a desire to learn and improve yourself in swimming
- You should be learning and applying the YMCA values in your practices and life.
- Be committed to competing at all our team meets and championship meets if qualified.
- Swimmer should be working on completing the Gold challenge set practice times
- Swimmers should be bringing all equipment to practice daily.
- Must accomplish the majority of the Silver training sets
- Coaches must approve all group advancements, work ethic, practice attendance, working well with your teammates, listening well to coaching instruction are all important factors

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 @ 1:05 – 10 x 100 kick @ 2:10 – 500 free @ 7

Boise Y Swim Team – Silver Group Time Standards			
Girls and Boys	Event	Short Course	Long Course
Girls and Boys	50 free	31.99	35.99
Girls and Boys	100 free	1:08.99	1:17.99
Girls and Boys	200 free	2:29.99	2:46.99
Girls and Boys	500 free	6:59.99	NA
Girls and Boys	100 back	1:17.99	1:26.99
Girls and Boys	200 back	2:49.99	3:04.99
Girls and Boys	100 breast	1:27.99	1:38.99
Girls and Boys	200 breast	3:09.99	3:31.99
Girls and Boys	100 fly	1:15.99	1:24.99
Girls and Boys	200 fly	2:49.99	3:09.99
Girls and Boys	200 IM	2:49.99	3:09.99
Girls and Boys	400 IM	5:59.99	6:39.99