

## **Boise Y Swim Team- Sockeye 1 Group Expectations**

These guidelines have been developed to determine where each swimmer best fit within our Boise Y Swim Team program. These expectations will assist our coaching staff in making decisions regarding swimmer placement and promotions into higher group levels.

- Swimmers should be able to perform all strokes and IM legally.
- Swimmers should have the desire to learn and improve attempting flip turns and legal turns at every wall.
- Swimmers should work towards being a lane leader.
- Be committed to competing at our team meets and any championship meets that you are qualified.
- Swimmers should continue to learn and encourage yourself and teammates to work hard, listen carefully to instructions and demonstrate a positive attitude about swimming.
- Swimmers should be learning how to use the YMCA core values in your practice and in life.
- Swimmer should be learning how to adjust to conditions that you encounter daily in practice (examples: leaky goggles, cold water, lane etiquette, and the use of the pace clock.)
- You should be working towards learning proper eating habits, sleeping and time management.
- You should be working on setting daily personal and swimming goals.
- Swimmers are expected to bring the proper swim equipment to practice daily.
- Swimmer should be striving achieve the Bronze group training sets and time standards.

**Expected minimum training sets to accomplish to be in the Sockeye 1 group with legal strokes:**

**500 free non stop – 3 x 100 IM @ 2:30 – 4 x 50 back @ 1:20 – 4 x 50 breast @ 1:30 – 4 x 50 kick @ 1:30**

<b>Sockeye 1 Time standards</b>			
	<b>Event</b>	<b>Short Course</b>	<b>Long Course</b>
<b>Girls and Boys</b>	<b>50 free</b>	<b>39.99</b>	<b>44.99</b>
<b>Girls and Boys</b>	<b>100 free</b>	<b>1:31.99</b>	<b>1:42.99</b>
<b>Girls and Boys</b>	<b>200 free</b>	<b>3:25.99</b>	<b>3:47.99</b>
<b>Girls and Boys</b>	<b>50 back</b>	<b>49.99</b>	<b>55.99</b>
<b>Girls and Boys</b>	<b>100 back</b>	<b>1:46.99</b>	<b>1:57.99</b>
<b>Girls and Boys</b>	<b>50 breast</b>	<b>55.99</b>	<b>1:01.99</b>
<b>Girls and Boys</b>	<b>100 breast</b>	<b>1:59.99</b>	<b>2:16.99</b>
<b>Girls and Boys</b>	<b>50 fly</b>	<b>49.99</b>	<b>55.99</b>
<b>Girls and Boys</b>	<b>100 fly</b>	<b>1:58.99</b>	<b>2:11.99</b>
<b>Girls and Boys</b>	<b>100 IM</b>	<b>1:41.99</b>	<b>NA</b>
<b>Girls and Boys</b>	<b>200 IM</b>	<b>3:48.99</b>	<b>4:10.99</b>