

## Standards for each SSCD training group

updated 7/26/18

Red: 6-8 years old, can swim 25 Free and 25 Back under 1:00. No attendance requirement\*.

Purple: 8-10 years old, can swim 25 Free in 30 seconds and 25 Back under 40 seconds; can do dolphin kick; can do Breast with legal kick. Swimmers who can't do dolphin kick or legal Breast but can do the above for Free and Back will have a weak stroke clinic with the Red group. No attendance requirement\*.

Blue: 11-13 years old, can swim 50 Free and 50 Back under 1:30, and can do dolphin kick. No attendance requirement\*.

Bronze: 9-12 years old, can swim all 4 strokes, can swim 6x100 Free @2:00, 8x50 Choice Kick @1:10, and can handle 75 min practice. 10&U must have PNS Gold times and 11-12 must have PNS Silver times. Must attend a minimum of 3 practices per week.

Silver: 11-13 years old, can swim 12x100 @1:40, 3x200 IM @4:00, 12x50 Choice Kick @1:05, and can handle 90 min practice. Must have 11-12 PNS Gold times. Must attend a minimum of 4 practices per week.

Gold: 13-18 years old, can swim 20x100 Free @1:20, 5x200 IM @3:00, 20x50 Kick @1:00 (Free or Best non-Free stroke), and can handle 2 hour practices. Must have 13-14 PNS Gold times. Must attend a minimum of 5 practices per week.

Senior: 13-18 years old, can swim 20x100 Free @1:15, 5x200 IM @2:50, 20x50 Kick @:50 (Free or Best non-Free stroke), and can handle 2 hour practices. 13-14 must have PNS Champs times and 15&O must have PNS Gold times. Must attend a minimum of 20 practices for each 4-week cycle.

SR2: swimmers 14&O who cannot meet the standards or attendance requirements for the Gold or Senior group. Can swim 8x100 Free @2:00. No attendance requirement\*.

\*In order to see consistent improvement we encourage 80% attendance or higher.