



TO: Gold Group Parents and Swimmers

FROM: Coaching Staff

RE: Gold Group Expectation Levels

To help you understand what our expectations will be we have developed these guidelines. We will use these to help us determine what group you will swim in. These are not rules and they can be adjusted to suit your individual needs and goals in swimming. These guidelines will assist us in promotions from group to group and setting the direction in each group.

- 1) Swimming should have higher priority in your life than when you were in the Gold Group
- 2) You should attend four to six workouts a week. Individual assignments will be made by the coaches. You should make-up missed workouts and possibly come to morning workouts
- 3) 9-12 year olds should have all Silver times and at least two Junior Olympic Times, 13 year olds and up should have Junior Olympic times and be striving for Zones I times. Set goals for the season with coaches and parents and strive to meet each goal.
- 4) You should be willing to be a leader in workouts (lead lanes) and in stretching and exercises.
- 5) You should demonstrate good leadership by helping the younger and other swimmers to work harder. You should have a positive attitude about swimming.
- 6) You should be able to make 5 x 200 Free on 3:20 and hold them all under 3:05
- 7) You should be able to make 5 x 200 IM on 3:50 and hold them all under 3:35.
- 8) You should be willing to learn about your potential capabilities by accepting and working towards achieving the challenges before you.
- 9) You should be in control of the factors that operate your body (sleep, eat).
- 10) You should be able to operate in the proper training environment.