



### **LVSC National Group Time & Discipline Standards**

Below is a compilation of considerations used as a part of the process to assess a swimmer's readiness and ability to be promoted into the National group. While these are a few areas of consideration, ultimately the decision to promote a swimmer will remain with the recommendation of the swimmer's current Coach and final approval from the National Coach, Coach Amber.

#### **Practice Time Standards:**

It is required for swimmers to achieve 4 of 5 of these practice standards.

#### **Boys:**

Set	Recommended	Consideration
6 x 100 Free & Stroke Kick	@ 1:30	@ 1:40
8-10 x 100 Free	@ 1:05	@ 1:10
6 x 200 IM	@ 2:30	@ 2:40
4 x 500 Free	@ 5:35	@ 6:00
4 x 100 Stroke	Fly/Bk @ 1:15 / Br @ 1:20	Fly/Bk @ 1:20 / Br @ 1:25

#### **Girls:**

Set	Recommended	Consideration
6 x 100 Free & Stroke Kick	@ 1:30	@ 1:40
8-10 x 100 Free	@ 1:10	@ 1:15
6 x 200 IM	@ 2:40	@ 2:55
4 x 500 Free	@ 6:05	@ 6:30
4 x 100 Stroke	Fly/Bk @ 1:25 / Br @ 1:30	Fly/Bk @ 1:30 / Br @ 1:35

#### **Meet Time Standards:**

National group members should attain a minimum of 5 Western Zones Time Standards. This may include a variation of both A time standards & Bonus Time Standards. Swimmers must achieve at least 1 A cut.

Current Time Standards can be found here: <https://www.gomotionapp.com/team/wzone/page/time-standards>

#### **Practice Habits:**

Swimmers should create habits including, but not limited to:

1. Maintain 80% attendance for 12-18 months prior to National group consideration.
2. 2 Dolphin Kicks off each wall.
3. Not breathing on 1st stroke off any wall.
4. Showing respect & discipline in their behavior toward coaches & teammates.
5. Consistently being in the water on time for practices and for meet warmup.

*Updated: 8/7/20*