

BSC Group Expectation. Training and Performance

Group	Performance Goal	Practice	Age Range	Times	Training Balance
Senior	Sectionals, Futures, JR/SR Nationals	8-11 Times Per Week	9th-12 th Grade	18-20hrs/wk	20%Technique-80%Training
Junior	Entering HS or Frosh/Soph-JV	5-6 Times per week	High School	10hrs/wk	40%Technique-60%Training
Mavericks	AA Times Working for AAA+ Times	8-10 Times/Week	9 to 14	16hrs/wk	30%Technique-70%Training
Mustangs	BB Times Working for A times	6 Times/Week	7 to 14	9hrs/wk	50%Technique-50%Training
Ponies	4Legal Strokes Woking for BB times	6 Times/Week	6 to 12	5hr/wk	70%Technique-30%Training
Colts	Competing in all 4 strokes Legally	4 Times/Week	4 to 10	4hrs/wk	100 % Stroke Instruction

Practice Requirements

Group	Age Range	Test Sets	Attendance Expectation	Technique and Competition Goals
Senior	9th-12 th Grade	10x100 on 1:15 Free	90-100% Mandatory to stay in Group	Minimum Regional Qualifiers
		6x100 on 1:30 IM	Attend All designated Meets	Futures, Junior and National Champs
		5x100 on 140 kick	Commitment to be a 24hour athlete	Olympic Trials
			Meet the highest BSC Standard of	
			Attitude, Attendance, Effort	Master all 4 strokes
Juniors	9 th Grade	10x100 on 130 Free	80% Recommended	Technique improvement
		5x100 on 150 IM		Overall Fitness
		5x100 on 200 kick		Easy on Ramp for Teammates New to Swim
Mavericks	11-14years old	10x100 on 1:20	80%Minimum—100% Expected	400IM/1650Free/200s of Stroke
		6x100 on 1:40 IM		Preparation for Senior Team
		5x100 on 1:50 Kick		Continued Technique Progression
Mustangs	10-14 years	10x100 on 1:30 Free	80% Minimum	Building on Pony Technical Progression
		6x100 on 1:50 IM		200IM/500Free/200s of Stroke
		5x100 on 200 kick		
Ponies	9-14 years old	8x100 on 1:40 Free	75% Minimum	4 Legal Strokes
		4x100 on 2:00 IM		Adding components to drills
		5x100 on 2:10 Kick		200IM/500Free
Colts	7-13 years old	Four Legal Strokes	75% Minimum	Continue learning team stroke drills
				200/500Free 100IM
Developmental	6-12 years old	25 Yards Free and Back	No Attendance Requirement	Learning 4 legal strokes

Equipment Requirement

[illegible]

Snorkel
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