Santa Clara Swim Club

YELLOW DIVISION (Up to 4th Grade)

YELLOW 3	BB Time Standards 6 x 100 Free @ 1:45 OR 600 @ 10:30 4 x 100 IM @ 2:00 400 Kick @ 9:00 OR 4 x 100 Kick @ 2:15 3 DK off walls PT=7 W/1 L
YELLOW 2	USA Swimming B Time Standards 5 x 100 Free @ 2:00 OR 500 Free @ 10:00 3 x 100 IM @ 2:15 400 Kick @ 10:00 OR 4 x 100 Kick @ 2:30 3 DK off walls PT=8 W/1.5 L
YELLOW 1	Knows all four strokes Dive/Start; flip turn; finish 5 x 50 Free @ 1:15 8 x 25 IMO @ 45 4 x 50 Kick @ 1:30 Tight Stremline PT=6.5 W/1 L

GOLD DIVISION (5th-6th Grade)

GOLD 3	1 FW or 3 AG Champs Time Standards 8 x 100 Free @ 1:30 OR 800 Free @ 12:00 3 x 200 IM @ 3:30 600 Kick @ 11:00 OR 6 x 100 Kick @ 1:50 4 DK off walls PT=10.5 W/2 L
GOLD 2	USA Swimming B Time Standard 6 x 100 Free @ 1:45 OR 600 Free @ 10:30 4 x 100 IM @ 2:00 500 Kick @ 11:15 OR 5 x 100 Kick @ 2:15 3 DK off walls PT=8.5 W/1.5 L
GOLD 1	Knows all four strokes Dive/Start; flip turn; finish 4 x 100 Free @ 2:15 3 x 100 IM @ 2:30 8 x 50 Kick @ 1:20 Tight Stremline PT=9 W/1.5 L

PRE-SENIOR DIVISION (7th-8th Grade)

PRE-SENIOR 3	1 FW or 3 AG Champs Time Standards 10 x 100 Free @ 1:20 OR 1000 Free @ 13:20 5 x 200 IM @ 3:00 1000 Kick @ 17:30 OR 10 x 100 Kick @ 1:45 5 DK off walls PT=12.5 W/2.5 L
PRE-SENIOR 2	USA Swimming B Time Standard 8 x 100 Free @ 1:40 OR 800 Free @ 13:20 4 x 200 IM @ 3:45 800 Kick @ 16:00 OR 8 x 100 Kick @ 2:00 4 DK off walls PT=11 W/2 L
PRE-SENIOR 1	Knows all four strokes Dive/Start; flip turn; finish 6 x 100 Free @ 2:00 4 x 100 IM @ 2:30 8 x 50 Kick @ 1:10 Tight Stremline PT=9 W/1.5 L

SENIOR DIVISION (High School)

NATIONAL	1 Futures or 3 Sectional Time Standards 10 x 100 Free @ 1:10 OR 1000 Free @ 11:40 5 x 200 IM @ 2:30 1000 Kick @ 15:00 OR 10 x 100 Kick @ 1:30 7 DK off walls PT=15 W/3.5 L
SENIOR	Senior Open Time Standard 10 x 100 Free @ 1:20 OR 1000 Free @ 13:20 5 x 200 IM @ 3:00 1000 Kick @ 17:30 OR 10 x 100 Kick @ 1:45 5 DK off walls PT=13.5 W/2.5 L
HS DEV	Knows all four strokes Dive/Start; flip turn; finish 8 x 100 @ 1:40 6 x 100 IM @ 2:00 600 Kick @ 12:30 OR 5 x 100 Kick @ 2:10 Tight Stremline PT=11.5 W/1.5 L

Santa Clara Swim Club

Practice Group Training Progression

YELLOW DIVISION (10&U; Up to 4th Grade)

YELLOW 3	Practice Sessions -- 5 Water Training Time -- 7 Dryland Training Time -- 0.5 Daily Volume -- 3000-5000 Attendance Expectation -- 80% Event Specific Training -- NA Complementary Training -- 100% Kicking -- 35-45% Skill/Technique -- 40-50% Specific Training -- 20-30% Aerobic -- 80-90% Speedplay -- 10-20%
YELLOW 2	Practice Sessions -- 4 Water Training Time -- 5.5 Dryland Training Time -- NA Daily Volume -- 2000-3500 Attendance Expectation -- 70% Event Specific Training -- NA Complementary Training -- 100% Kicking -- 40-50% Skill/Technique -- 45-55% Specific Training -- 15-25% Aerobic -- 85-90% Speedplay -- 10-15%
YELLOW 1	Practice Sessions -- 4 Water Training Time -- 4 Dryland Training Time -- NA Daily Volume -- 1500-2500 Attendance Expectation -- NA Event Specific Training -- NA Complementary Training -- 100% Kicking -- 45+% Skill/Technique -- 50+% Specific Training -- 15-25% Aerobic -- 90% Speedplay -- 10%

GOLD DIVISION (11-12; 5th-6th Grade)

GOLD 3	Practice Sessions -- 6 Water Training Time -- 10.5 Dryland Training Time -- 1.5 Daily Volume -- 4000-6000 Attendance Expectation -- 80% Event Specific Training -- 15-25% Complementary Training -- 75-85% Kicking -- 25-35% Skill/Technique -- 30-40% Specific Training -- 35-45% Aerobic -- 75-85% Speed Work -- 10-15% Pace Work -- 10-15%
GOLD 2	Practice Sessions -- 5 Water Training Time -- 8.75 Dryland Training Time -- NA Daily Volume -- 3000-4500 Attendance Expectation -- 70% Event Specific Training -- 10-15% Complementary Training -- 85-90% Kicking -- 35-45% Skill/Technique -- 35-45% Specific Training -- 25-35% Aerobic -- 85-90% Speed Work -- 15-20%
GOLD 1	Practice Sessions -- 4 Water Training Time -- 7 Dryland Training Time -- NA Daily Volume -- 2500-3500 Attendance Expectation -- NA Event Specific Training -- 0-10% Complementary Training -- 90-100% Kicking -- 40-50% Skill/Technique -- 40-50% Specific Training -- 20-30% Aerobic -- 90-100% Speed Work -- 10-15%

PRE-SENIOR DIVISION (13-14; 7th-8th Grade)

PRE-SENIOR 3	Practice Sessions -- 6 Water Training Time -- 11.5 Dryland Training Time -- 2.5 Daily Volume -- 5000-7000 Attendance Expectation -- 90% Event Specific Training -- 20-30% Complementary Training -- 70-80% Kicking -- 25-30% Skill/Technique -- 25-35% Specific Training -- 40-50% Aerobic -- 60-70% Speed Work -- 15-20% Pace Work -- 15-20%
PRE-SENIOR 2	Practice Sessions -- 5 Water Training Time -- 8.75 Dryland Training Time -- NA Daily Volume -- 3500-5500 Attendance Expectation -- 75% Event Specific Training -- 15-25% Complementary Training -- 75-85% Kicking -- 30-35% Skill/Technique -- 30-40% Specific Training -- 35-45% Aerobic -- 70-80% Speed Work -- 15-20% Pace Work -- 10-15%
PRE-SENIOR 1	Practice Sessions -- 4 Water Training Time -- 7 Dryland Training Time -- NA Daily Volume -- 2500-4000 Attendance Expectation -- NA Event Specific Training -- 10-15% Complementary Training -- 80-85% Kicking -- 35-45% Skill/Technique -- 40-50% Specific Training -- 20-30% Aerobic -- 60-70% Speed Work -- 20-25% Pace Work -- 5-10%

SENIOR DIVISION (15&O; High School)

NATIONAL	Practice Sessions -- 8 Water Training Time -- 15 Dryland Training Time -- 3 Daily Volume -- 6000-8000 Attendance Expectation -- 100% Event Specific Training -- 50% Complementary Training -- 50% Kicking -- 25-30% Skill/Technique -- 20-25% Specific Training -- 50% Aerobic -- 40-50% Speed Work -- 10-15% Pace Work -- 25-35%
SENIOR	Practice Sessions -- 6 Water Training Time -- 11.5 Dryland Training Time -- 2.5 Daily Volume -- 5000-7000 Attendance Expectation -- 80% Event Specific Training -- 30-40% Complementary Training -- 60-70% Kicking -- 25-30% Skill/Technique -- 25-35% Specific Training -- 40-50% Aerobic -- 50-60% Speed Work -- 15-20% Pace Work -- 20-30%
HS DEV	Practice Sessions -- 4 Water Training Time -- 7 Dryland Training Time -- NA Daily Volume -- 3500-5500 Attendance Expectation -- NA Event Specific Training -- 15-25% Complementary Training -- 75-85% Kicking -- 30-35% Skill/Technique -- 40-50% Specific Training -- 20-30% Aerobic -- 40-50% Speed Work -- 25-30% Pace Work -- 25-30%