Stretford ASC

Group objectives & promotion guidance

Here is some guidance around our group structure & promotion objectives.

New this season - Certificates for Dolphins/Int 1 groups are just in relation to technique and legal starts, turns and finishes - not the speed of the swim. In almost all cases, gaining these certificates are a must in order for a swimmer to be promoted. They will be assessed by coaches in training and competition.

For all Goal/Race times stated, these are NOT a sure way to move up, but will inform coaches to look carefully at a swimmer who is achieving those times in races, and should provide appropriate goals for swimmers wishing to move up a group.

The final decision on group promotions will always remain with the coaching team.

Promotion to **Junior Dolphins**

Certificates - Legal 50 FC, 25 Back, Breast achieved

Compete in 1st pointscore/club competition

Goal times

50 Free in 45.00

Promotion to **Intermediate 1**

Certificates - Legal 25 Butterfly, 50 Back, 50 Breast, 100 IM achieved

Ability to use pace clock and set self off on basic times is preferred

Goal times

50 Free 39.00

100 Free 1.30

100 IM 1.45

Promotion to **Intermediate 2**

Certificate - Legal 200 IM achieved

Goal times

100 Free – Boys 1.16 / Girls 1.19

200 Free – 2.50

100 IM – 1.30

Promotion to **Performance 1**

Goal times

100 Free – Boys 1.11 / Girls 1.13

200 Free – Boys 2.37 / Girls 2.40

100 IM – 1.25

Ability to use pace clock and set self off on any turnaround time is preferred

Promotion to **Performance 2**

Goal times

100 Free – Boys 1.06 / Girls 1.09

200 Free – Boys 2.25 / Girls 2.30

100 IM – 1.20 / 200 IM 2.50