



The Santa Barbara Swim Club

P.O. Box 4125 Santa Barbara, California 93140 (805)966-9757 <http://www.sbswim.net>

Practice group performance/training minimums:

National:

- By invitation of the head coach, but must meet the following:
 - 13 years old
 - Sectional time standards
 - Handle a 1:20/100m freestyle training base
 - Active and ongoing parent leadership and mentoring of younger parents
 - IMX score in each competitive season

Senior:

- Handle a 1:30/100m freestyle training base
- SCS age group championship time standards or SCS senior development time standards
- Proven track record of 80-85% attendance at practice
- Attend all team meets for a period of one year prior to inclusion
- IMX score in each competitive season
- Parent involvement in all club activities as needed

Advanced Age Group:

- Central Cal Junior Olympic time standards
- Commitment (in writing) to 85% attendance at practice
- Attendance at all age group team meets
- Proficiency in all four strokes and participation in IMX program
- Parent participation in all SBSC hosted meets

Notes

- Group movement in from Novice to Age Group 1 & 2 is less structured as these groups are mainly focused on skill acquisition and proficiencies. Regular attendance in these 3 groups will be the key to forming a successful foundation in the sport of swimming.
- Each individual brings something different to the team, and for this reason, some swimmers particular strengths may move them to a group in advance of acquiring all of the above criteria.
- The coaching staff is the evaluation committee for any and all group movement.
- When you have questions, please go directly to your Childs coach first for the answers. The best way to contact your child's coach is via email as they are quite busy at each workout. The entire staff uses the same formula for their email address: coach**john**@sbswim.net