



“GO CUDAS-CHEER LOUD-RACE HARD”

GOLD

Focus:

-Specialized Goals and Performance

Requirements:

1. Swimmers must have achieved, or have the ability to achieve all Silver goals.
2. Swimmers must have a one on one meeting with Level Coach prior to end of first month for a specialized goal setting session.

Goals:

1. To train for excellence in stroke technique, including starts, turns and finishes
2. To achieve personalized swim goals
3. To utilize all types of training in daily practices
4. To have competed in every event offered for age group, by the end of the season at a US Meet.
5. To attend:
 - a. 90% of all practices
 - b. 90% of all Team Essl Meets
 - c. 5 or more Us Meets
 - d. 3 or more Championship Meets
6. To complete the following sets: (and surpass)
 - a. 12x50 Freestyle :30/:35/:40/:45/:50/1:00
 - b. 12x50 Main Stroke :35/:40/:45/:50/:55/1:00
 - c. 12x100 Freestyle 1:00/1:10/1:15/1:20/1:30/1:45
 - d. 12x100 Main Stroke 1:05/1:10/1:15/1:30/1:45/2:00
 - e. 12x100 IM 1:05/1:10/1:15/1:30/1:45/2:00
 - f. 6x200 Freestyle 2:00/2:10/2:20/2:30/2:45/3:00
 - g. 6x200 Main Stroke 2:15/2:30/2:45/3:00/3:30
 - h. 6x200 IM 2:15/2:30/2:45/3:00/3:30
 - i. 3x500 Freestyle 5:30/6:00/6:30/7:00/7:30/8:00
 - j. 4x400 IM 4:45/5:00/5:15/5:30/5:45/6:00/6:30