

Minimum Age	9 years old
Maximum age	13 years old (Girls) 14 years old (Boys)
Performance	<ul style="list-style-type: none"> • Level 12 National Swim Award • Competitive Start Award • Achievement of the 200m Freestyle time for their age in the table below • Achievement of at least one of the other 200m times for their age from the table below
Session Attendance	<ul style="list-style-type: none"> • Minimum of 4 sessions per week
Self Discipline	<ul style="list-style-type: none"> • Listen to Coaches instructions • Set Personal Goals in terms of: • Training attendance frequency; • Personal best times; and • Competition programme and events. • Maintain Swimming Log Book to monitor progress • Respect for the Coaches and other swimmers • Respect for the Club and its rules
Work Ethic	<ul style="list-style-type: none"> • Be punctual • Be responsible for equipment • Respect for facilities
Swimmer/Coach Ratio	Maximum of 30:1

**WANDSWORTH SWIMMING CLUB
SQUAD PERFORMANCE TABLES 2009
COUNTY**

Ages	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>OPEN</u>
GIRLS										
200m Free	3:20.9	3:03.5	2:52.2	2:42.4	2:35.6	2:31.6	2:28.4	2:26.3	2:24.8	2:24.5
200m Back	3:42.3	3:25.2	3:09.3	2:58.9	2:51.9	2:47.0	2:43.0	2:40.5	2:38.9	2:36.6
200m Fly	4:07.2	3:36.3	3:16.8	3:03.6	2:54.9	2:48.9	2:44.9	2:42.9	2:41.1	2:37.3
200m Breast	4:15.7	3:55.5	3:38.4	3:25.6	3:15.3	3:09.0	3:05.8	3:03.6	3:02.3	2:56.7
200m IM	3:47.5	3:29.1	3:14.5	3:03.4	2:56.2	2:50.8	2:47.6	2:45.3	2:43.8	2:42.4
BOYS										
200m Free	3:19.1	3:02.4	2:51.7	2:41.7	2:32.5	2:24.6	2:18.9	2:14.8	2:12.4	2:11.5
200m Back	3:40.4	3:22.9	3:10.2	2:59.3	2:48.6	2:39.2	2:32.3	2:28.1	2:25.5	2:21.4
200m Fly	4:04.3	3:33.5	3:14.9	3:03.5	2:52.1	2:42.4	2:33.5	2:29.9	2:25.4	2:22.9
200m Breast	4:13.6	3:54.8	3:38.6	3:25.7	3:12.4	3:01.4	2:53.6	2:48.8	2:44.7	2:40.6
200m IM	3:45.3	3:28.3	3:14.2	3:03.4	2:53.1	2:43.0	2:36.2	2:31.9	2:28.9	2:26.1