

Minimum Age	11 years old
Performance	<ul style="list-style-type: none"> • One qualifying London Region time for any event • 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 7 sessions per week • Attend 1 land training session per week
Self Discipline	<ul style="list-style-type: none"> • Listen to Coaches instructions • Set Personal Goals in terms of: <ul style="list-style-type: none"> ○ 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
NATIONAL**

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	2:59.5	2:42.8	2:33.5	2:25.2	2:20.5	2:17.8	2:15.7	2:14.3	2:13.3	2:12.9
200m Back	3:19.1	3:02.7	2:48.9	2:40.3	2:35.4	2:32.0	2:29.1	2:27.5	2:26.4	2:24.1
200m Fly	3:43.9	3:13.7	2:56.3	2:44.8	2:38.4	2:33.9	2:31.0	2:29.9	2:28.5	2:24.7
200m Breast	3:49.4	3:30.1	3:15.3	3:04.6	2:56.7	2:52.2	2:50.1	2:49.0	2:48.1	2:42.6
200m IM	3:23.4	3:05.7	2:53.4	2:44.1	2:39.2	2:35.4	2:33.1	2:31.9	2:30.9	2:29.4
BOYS										
200m Free	2:57.3	2:41.7	2:32.8	2:23.9	2:16.4	2:10.7	2:06.9	2:04.0	2:02.6	2:01.6
200m Back	3:16.7	3:00.7	2:49.7	2:40.1	2:31.2	2:24.3	2:19.4	2:16.5	2:14.9	2:10.8
200m Fly	3:40.4	3:10.9	2:54.4	2:44.1	2:34.6	2:27.3	2:20.5	2:18.2	2:14.7	2:12.2
200m Breast	3:46.8	3:29.7	3:15.5	3:03.8	2:52.8	2:44.4	2:38.9	2:35.7	2:32.6	2:28.5
200m IM	3:21.2	3:05.3	2:53.2	2:43.6	2:35.3	2:27.6	2:22.9	2:19.9	2:18.0	2:15.2