

<b>Minimum Age</b>	11 years old
<b>Performance</b>	<ul style="list-style-type: none"> <li>• One qualifying London Region time for any event</li> <li>• Achievement of the 200m Freestyle time for their age in the table below</li> <li>• Achievement of at least one of the other 200m times for their age from the table below</li> </ul>
<b>Session Attendance</b>	<ul style="list-style-type: none"> <li>• Minimum of 7 sessions per week</li> <li>• Attend 1 land training session per week</li> </ul>
<b>Self Discipline</b>	<ul style="list-style-type: none"> <li>• Listen to Coaches instructions</li> <li>• Set Personal Goals in terms of: <ul style="list-style-type: none"> <li>○ Training attendance frequency;</li> <li>○ Personal best times; and</li> <li>○ Competition programme and events.</li> </ul> </li> <li>• Maintain Swimming Log Book to monitor progress</li> <li>• Respect for the Coaches and other swimmers</li> <li>• Respect for the Club and its rules</li> </ul>
<b>Work Ethic</b>	<ul style="list-style-type: none"> <li>• Be punctual</li> <li>• Be responsible for equipment</li> <li>• Respect for facilities</li> </ul>
<b>Swimmer/Coach Ratio</b>	Maximum of 30:1

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

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>
<b>GIRLS</b>										
<b>200m Free</b>	3:09.1	2:52.1	2:42.0	2:32.9	2:27.5	2:24.1	2:21.6	2:19.9	2:18.7	2:18.4
<b>200m Back</b>	3:29.5	3:12.7	2:58.2	2:48.8	2:43.0	2:38.9	2:35.6	2:33.6	2:32.3	2:30.0
<b>200m Fly</b>	3:54.5	3:23.8	3:05.6	2:53.3	2:46.0	2:40.8	2:37.6	2:36.1	2:34.4	2:30.6
<b>200m Breast</b>	4:01.4	3:41.4	3:25.8	3:14.1	3:05.4	3:00.0	2:57.4	2:55.8	2:54.8	2:49.3
<b>200m IM</b>	3:34.3	3:16.2	3:02.9	2:52.9	2:47.0	2:42.6	2:39.9	2:38.2	2:37.0	2:35.5
<b>BOYS</b>										
<b>200m Free</b>	3:06.9	2:50.9	2:41.4	2:32.1	2:23.8	2:17.1	2:12.5	2:09.1	2:07.3	2:06.3
<b>200m Back</b>	3:27.1	3:10.7	2:58.9	2:48.9	2:39.1	2:31.1	2:25.4	2:22.0	2:19.9	2:15.8
<b>200m Fly</b>	3:50.6	3:20.9	3:03.8	2:53.0	2:42.6	2:34.3	2:26.6	2:23.8	2:19.8	2:17.3
<b>200m Breast</b>	3:58.6	3:40.8	3:25.9	3:13.7	3:01.7	2:52.3	2:45.8	2:41.8	2:38.3	2:34.3
<b>200m IM</b>	3:31.8	3:15.5	3:02.8	2:52.6	2:43.4	2:34.7	2:29.1	2:25.6	2:23.2	2:20.4