



Switch Practices

Goal of Switch Practices

Switch Practice means “switching” practices for 1-2 times each week to swim with another group. The purpose of the switch practices is to allow for swimmers to have a “taste” of the rigor, requirements, and expectations for their next step with FAST. This can be used as a motivator to help some achieve qualifications for another group. Or it can also be used as a trial to help swimmers decide about what level of participation they want to commit to.

Age Group Stream and Senior Switch Practices:

- Non Performance Group Switch Practices – coaches discretion, based on times, training, dedication, social and emotional maturity
- There will be no additional fee for switch practices within Aqua 1, 2, or 3, or Senior.
- Coaches discretion will allow for some flexibility and individual consideration. However, the intention is for switch practices to be short term and as part of the transition to their next group
- Switch practices are typically **instead of** their current group’s practices, however depending on the schedule is at the discretion of the coach

Junior and High Performance Switch Practices

Junior Performance

- Switch practices with JP – swimmers who are aged 12 to 14 and have **1 Junior Performance Standard (SC or LC) may** be offered to join switch practices with JP (some coaches discretion is also warranted due to attitude, dedication, social and emotional maturity). **Junior Performance Standards are listed at the bottom of this document.**
- Swimmers with 2 or more times SC or LC who are under the age of 12 **may** be offered switch practices 2 months from the date of their 12th birthday with invitation from staff. (some coaches discretion is also warranted due to attitude, dedication, social and emotional maturity).
- An athlete may transition from switch practices to full participation in Junior Performance at the discretion of the group coach once they have achieved 2 JP qualifying standards and are age 12 or older.

High Performance

- Switch practices with HP are prescribed solely at the discretion of the head coach. Age range 14-18.

Junior & High Performance

- Switch practices with HP or JP will be charged a monthly fee of \$40 and does not include dryland. They will continue to do dryland with their current group.
- Switch practices may be in addition to or instead of their current group practice, schedule dependant.
- If a swimmer ages out of their qualifying times during their switch practice period, it is at the discretion of the coaching staff to decide whether switch practices will continue.
- **Parents are expected to respect all staff decisions regarding switch practices and group assignments, and are advised not to lobby for switch practices on their child’s behalf.**

Long course			Performance times GIRLS				Short course			
16 and over	15y	14y	13y	12y	EVENT	12y	13y	14y	15y	16 and over
00:32.15	00:32.57	00:32.83	00:33.53	00:34.87	50 fr	00:34.30	00:32.87	00:32.18	00:31.94	00:31.52
01:09.44	01:10.55	01:11.37	01:12.94	01:15.85	100 fr	01:14.36	01:11.51	01:09.97	01:09.16	01:08.08
02:30.29	02:32.93	02:34.86	02:38.79	02:45.13	200 fr	02:41.90	02:35.67	02:31.82	02:29.93	02:21.05
05:20.01	05:25.28	05:28.87	05:36.17	05:58.68	400 fr	05:42.75	05:29.57	05:22.43	05:18.91	05:13.73
11:00.66	11:10.85	11:19.79	11:29.55	11:56.37	800 fr	11:39.93	11:15.73	11:06.16	10:57.20	10:31.80
21:25.55	21:46.42	21:49.77	22:10.56	22:58.94	1500 fr	22:31.41	21:45.00	21:38.01	21:35.69	21:00.22
00:34.02	00:34.02	00:34.02	00:34.02	00:34.02	50 bk	00:33.35	00:33.35	00:33.35	00:33.35	00:33.35
01:17.72	01:19.41	01:20.42	01:22.70	01:26.00	100 bk	01:24.32	01:21.08	01:18.84	01:17.85	01:16.20
02:48.43	02:51.67	02:53.95	02:58.52	03:05.65	200 bk	03:02.02	02:55.02	02:50.55	02:48.31	02:45.13
00:37.77	00:37.77	00:37.77	00:37.77	00:37.77	50 br	00:37.02	00:37.02	00:37.02	00:37.02	00:37.02
01:29.28	01:30.60	01:31.37	01:34.27	01:38.04	100 br	01:36.12	01:32.42	01:29.58	01:28.82	01:27.53
03:11.80	03:16.56	03:18.07	03:23.95	03:32.10	200 br	03:27.95	03:19.95	03:14.19	03:12.70	03:08.03
00:31.73	00:31.73	00:31.73	00:31.73	00:31.73	50 fly	00:31.11	00:31.11	00:31.11	00:31.11	00:31.11
01:15.93	01:17.11	01:18.31	01:20.25	01:23.45	100 fly	01:21.82	01:18.68	01:16.77	01:15.59	01:14.32
02:50.12	02:54.28	02:56.82	03:02.46	03:09.74	200 fly	03:06.02	02:58.87	02:53.35	02:50.86	02:46.78
					100 IM					
02:50.71	02:53.69	02:56.22	02:59.90	03:07.10	200 IM	03:03.43	02:56.38	02:52.76	02:50.28	02:47.36
06:03.59	06:09.31	06:14.95	06:23.73	06:39.06	400 IM	06:33.13	06:16.21	06:07.49	06:02.07	05:56.24
Long course			Performance times-BOYS				Short course			
16 and over	15y	14y	13y	12y	EVENT	12y	13y	14y	15y	16 and over
00:29.52	00:29.96	00:30.68	00:31.90	00:33.50	50 fr	00:32.52	00:31.28	00:30.08	00:29.37	00:28.94
01:04.17	01:05.26	01:06.82	01:09.48	01:12.97	100 fr	01:10.81	01:08.10	01:05.51	01:03.98	01:02.91
02:20.56	02:23.02	02:26.87	02:32.74	02:40.39	200 fr	02:35.73	02:29.75	02:23.99	02:20.22	02:17.80
05:01.34	05:05.63	05:13.85	05:26.39	05:42.73	400 fr	05:22.44	05:15.38	05:07.69	04:59.64	04:55.43
10:17.93	10:36.73	10:49.11	11:19.01	11:45.43	800 fr	11:27.50	11:00.78	10:36.29	10:24.28	10:12.01
20:23.70	20:38.04	20:42.83	20:48.41	21:27.08	1500 fr	21:07.04	20:24.88	20:15.17	19:55.93	19:37.28
00:30.76	00:30.76	00:30.76	00:30.76	00:30.76	50 bk	00:30.16	00:30.16	00:30.16	00:30.16	00:30.16
01:13.15	01:14.06	01:16.08	01:19.12	01:23.08	100 bk	01:20.67	01:17.57	01:14.59	01:12.60	01:11.71
02:38.58	02:40.75	02:44.92	02:51.52	03:00.10	200 bk	02:54.87	02:48.14	02:41.69	02:37.60	02:35.47
00:33.39	00:33.39	00:33.39	00:33.39	00:33.39	50 br	00:32.74	00:32.74	00:32.74	00:32.74	00:32.74
01:21.47	01:23.17	01:25.63	01:29.05	01:33.51	100 br	01:30.79	01:27.31	01:23.96	01:21.54	01:19.88
02:58.78	03:01.91	03:07.24	03:14.72	03:24.47	200 br	03:18.53	03:10.90	03:03.56	02:58.34	02:55.27
00:28.56	00:28.56	00:28.56	00:28.56	00:28.56	50 fly	00:28.05	00:28.05	00:28.05	00:28.05	00:28.05
01:09.89	01:11.08	01:13.28	01:16.21	01:20.03	100 fly	01:17.70	01:14.72	01:11.85	01:09.68	01:08.51
02:38.25	02:41.50	02:46.69	02:53.35	03:02.03	200 fly	02:56.74	02:49.95	02:43.42	02:38.34	02:35.14
02:39.57	02:41.61	02:45.86	02:52.49	03:01.12	200 IM	02:55.86	02:49.10	02:42.60	02:38.44	02:36.44
05:42.19	05:46.67	05:58.97	06:13.33	06:32.01	400 IM	06:20.64	06:06.01	05:51.94	05:16.77	05:12.38