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2020 Training Squad Promotion Standards & Race Targets

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www.jasi.swimming.org.nz

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<u>Gold - Squad assessments</u>	<u>J - Squad assessments</u>	<u>C - Squad assessments</u>
100 Free, good dive, technique & tumble turns in 1min 40sec or better	100m Free from a dive in under 1min 25sec	100m Free in under 1min 15sec
100 Back, show good technique & tumble turns in 1min 50sec or better	100m Back in under 1min 35sec	100m Back in under 1min 25sec
100 Breast, good dive technique & turns with pullouts in 2.10min or better	100m Breast from a dive in under 1min 50sec	100m Breast in under 1min 40sec
50 Fly, good dive, technique and turn breathing every 2.	50m Fly from a dive in under 50sec	100m Fly in under 1min 40sec
100 IM, good dive, technique in all 4 strokes and correct turns.	200 IM, dive with correct turns under 3min 30sec	50m Free in under 34sec
200 Kick continuous (100 Free with kick board / 100 Back streamlined)	400m Free Kick Max, no tumble turns	200 IM in under 3min 15sec
200 Pull with good technique (100 Free / 100 Back) using pull bouy	400 Free pull good technique with tumble turns	400m Free in under 6min 15sec
3x25 Free from a good dive with good technique average time under 20sec	4x25m Free from a dive, average time under 18sec	800m Free in under 13min 30sec
800m or 1500m Free, show good technique & tumble turns throughout.	400m Free from a dive in under 7.00 min	

<u>Squad</u>	<u>Squad Goals / Promotion Targets</u>	<u>Meet Targets</u>
Gold	Pass all 9 assessments	All squads race in the Jasi Splash nights. Junior Carnivals & Inter Club Tier 2 & 3 Meets.
J	Pass all 9 assessments	NZ Junior Festival, Canterbury Jnr Champs & Inter club Tier 2 & 3 meets.
C	Complete all 8 assessments passing 7	
JAG	5 point ave from 3 NZ events including a medley swim plus the 400 TT	NZ Junior Festival, NZ Div 2 Meet, Canterbury & South Islands Champs, Inter club Tier 1 & 2 meets.
A	3 point ave from 3 NZ events including a medley swim plus the 400 TT	NZ Age Groups LC & SC Champs, Canterbury & South Island Champs, Inter club Tier 1 Meets.
Youth	1 point ave from 3 NZ events & 400 TT & average weekly golf score, Qualify for Opens,	NZ Age Groups LC & SC Champs, Canterbury & South Island Champs, Qualify for Opens.
National	Open Finals, NZ Squad / team selection	NZ Open & SC Champs, International meets.

400 Free short course Training Targets Better Than		
Female		Male
4:50	TT	4:19
4:53	TT1	4:23
5:00	TT2	4:33
5:03	TT3	4:40
5:18	TT4	5:10
5:34	TT5	5:30
5:50	TT6	5:47

Training Targets (TT) and Race Targets (NZ). Based on National Championships finals including Open 50 Free.

	NZ	NZ 1	NZ 2	NZ 3	NZ 4	NZ 5	NZ 6	F	M	NZ	NZ 1	NZ 2	NZ 3	NZ 4	NZ 5	NZ 6
S	0:26.39	0:26.94						50 Free		0:23.14	0:23.58					
	0:56.71	0:58.04	0:59.83	1:00.19	1:00.99	1:07.73	1:11.10	100 Free		0:50.28	0:51.45	0:53.96	0:55.20	0:57.42	1:05.80	1:10.00
	2:03.24	2:06.13	2:10.20	2:11.24	2:13.46	2:28.49	2:36.00	200 Free		1:51.13	1:53.41	1:58.29	2:00.83	2:06.18	2:24.61	2:33.82
	H 4:22.19	4:28.07	4:35.98	4:37.96	4:43.03	5:27.59	5:49.87	400 Free		4:00.02	4:04.04	4:12.88	4:18.05	4:29.30	5:20.29	5:45.79
O 9:09.44	9:16.83	9:29.57	9:34.30	9:48.11	11:35.91	12:29.81	800 Free		8:35.02	8:43.63	9:02.62	9:13.70	9:37.84	11:27.25	12:21.96	
R 18:05.77	18:20.39	18:45.56	18:54.90	19:22.20	22:55.22	24:41.73	1500 Free		16:09.85	16:25.97	17:04.54	17:22.94	17:58.05	22:10.97	24:17.44	
T	1:03.74	1:05.30	1:07.62	1:08.17	1:09.12	1:16.78	1:20.61	100 Back		0:57.25	0:58.78	1:01.66	1:03.10	1:06.34	1:15.27	1:19.73
	2:18.65	2:22.03	2:26.33	2:27.28	2:29.49	2:46.08	2:54.37	200 Back		2:05.54	2:09.39	2:15.43	2:17.76	2:23.56	2:42.89	2:52.55
C	1:13.89	1:16.62	1:18.88	1:18.95	1:20.23	1:29.77	1:34.54	100 Breast		1:04.48	1:06.83	1:10.71	1:12.30	1:15.76	1:27.35	1:33.14
	O 2:41.54	2:45.85	2:51.57	2:52.32	2:53.81	3:14.94	3:25.50	200 Breast		2:22.71	2:27.18	2:35.59	2:38.85	2:44.94	3:10.16	3:22.77
U	1:03.17	1:05.05	1:07.23	1:07.79	1:09.25	1:24.22	1:31.71	100 Fly		0:55.17	0:56.61	0:59.66	1:01.34	1:04.75	1:21.82	1:30.35
	R 2:24.61	2:27.87	2:33.96	2:35.63	2:38.51	3:14.46	3:32.44	200 Fly		2:05.86	2:09.60	2:16.85	2:21.00	2:30.43	3:10.10	3:29.93
E	2:23.41	2:25.86	2:29.33	2:30.53	2:33.16	2:53.48	3:03.64	200 IM		2:08.25	2:10.35	2:15.04	2:17.82	2:23.81	2:48.54	3:00.91
	5:08.06	5:14.60	5:21.47	5:22.64	5:27.50	6:13.21	6:36.06	400 IM		4:37.71	4:42.99	4:52.87	4:58.09	5:10.97	6:04.45	6:31.19

	NZ	NZ 1	NZ 2	NZ 3	NZ 4	NZ 5	NZ 6	F	M	NZ	NZ 1	NZ 2	NZ 3	NZ 4	NZ 5	NZ 6
L	0:27.24	0:27.81						50 Free		0:23.99	0:24.45					
	0:58.41	0:59.78	1:01.62	1:02.00	1:02.82	1:09.76	1:13.23	100 Free		0:51.98	0:53.19	0:55.78	0:57.07	0:59.36	1:08.03	1:12.36
	2:06.64	2:09.61	2:13.79	2:14.86	2:17.14	2:32.58	2:40.30	200 Free		1:54.53	1:56.87	2:01.91	2:04.52	2:10.04	2:29.03	2:38.53
	O 4:28.99	4:35.03	4:43.13	4:45.17	4:50.37	5:36.08	5:58.94	400 Free		4:06.82	4:10.95	4:20.05	4:25.36	4:36.93	5:29.36	5:55.58
N 9:23.04	9:30.62	9:43.67	9:48.51	10:02.67	11:53.13	12:48.37	800 Free		8:48.62	8:57.46	9:16.95	9:28.32	9:53.09	11:45.40	12:41.55	
G 18:31.27	18:46.23	19:12.00	19:21.55	19:49.49	23:27.52	25:16.53	1500 Free		16:35.35	16:51.90	17:31.48	17:50.37	18:26.39	22:45.97	24:55.76	
C	1:05.44	1:07.04	1:09.43	1:09.99	1:10.96	1:18.83	1:22.76	100 Back		0:58.95	1:00.52	1:03.49	1:04.98	1:08.31	1:17.50	1:22.10
	2:22.05	2:25.51	2:29.91	2:30.89	2:33.16	2:50.15	2:58.65	200 Back		2:08.94	2:12.89	2:19.10	2:21.49	2:27.45	2:47.30	2:57.22
O	1:15.89	1:18.69	1:21.02	1:21.08	1:22.41	1:32.20	1:37.10	100 Breast		1:06.48	1:08.91	1:12.91	1:14.54	1:18.11	1:30.06	1:36.03
	U 2:45.54	2:49.96	2:55.82	2:56.59	2:58.11	3:19.76	3:30.59	200 Breast		2:26.71	2:31.31	2:39.95	2:43.30	2:49.56	3:15.49	3:28.45
R	1:04.57	1:06.49	1:08.72	1:09.30	1:10.78	1:26.09	1:33.75	100 Fly		0:56.57	0:58.05	1:01.17	1:02.89	1:06.39	1:23.89	1:32.65
	2:27.41	2:30.73	2:36.94	2:38.64	2:41.58	3:18.22	3:36.55	200 Fly		2:08.66	2:12.49	2:19.89	2:24.13	2:33.78	3:14.33	3:34.60
S	2:26.81	2:29.31	2:32.87	2:34.10	2:36.79	2:57.60	3:08.00	200 IM		2:11.65	2:13.80	2:18.62	2:21.48	2:27.62	2:53.01	3:05.71
	5:14.86	5:21.55	5:28.57	5:29.77	5:34.73	6:21.44	6:44.80	400 IM		4:44.51	4:49.92	5:00.04	5:05.39	5:18.58	6:13.37	6:40.76

On achieving promotion targets, swimmer will be invited to move up a squad by the Head Coach at the appropriate time, and only if it is in the swimmers best interest. If squad capacity is not reached then the swimmer closest to achieving the standards and has an attendance record worthy of consideration can be invited to move up to the next squad.