

## Express qualifies at Silver Medal Team

USA Swimming recently released it's Gold, Silver, and Bronze Medal teams for 2009. Our team was awarded the Silver Medal again. It is a tremendous achievement! The way that the program works is this: the top 16 teams in the country are named Gold Medal; teams ranked 17-100 are named Silver Medal; and any team ranked 101-200 are named to the Bronze Medal group. **This year we were ranked 18th in the United States, only two qualifying swims out of being a Gold Medal Team.** This program has been in existence for 9 years, and is strictly a performance based program. They have since started the Club Recognition program that ranks clubs administratively. From the performance standpoint the program has some minimum requirements to be eligible to be considered at each level (Gold, Silver, or Bronze), and all applying clubs must have at least one eligible 18 and Under athlete who meets the criteria for the levels.

In order to be considered for the Gold Medal level an 18 and Under athlete from a team must meet these two requirements: 1) Make at least one Gold Medal Qualifying time standards (see below for these standards) and 2) Have at least one 18 and Under swimmer compete at Olympic Trials or the Summer US Open Meet.

In order to be considered for the Silver Medal level an 18 and Under athlete from a team must have had at least one swimmer that competed at the Olympic Trials or the Summer US Open Meet.

In order to be considered for the Bronze Medal level an 18 and Under athlete from a team must have had at least 1 individual compete at the Summer Jr. National Championships.

### Performance Scoring

Once these minimum requirements are met then the point totals come into play (listed next to each team's name below). Every club that submits an application will be ranked according to the Performance Scoring component of the program. Scoring is based on the *IPS* "International Point Score" rating system, developed by Nick Thiery at [www.swimnews.com](http://www.swimnews.com). In order to be eligible to score points, athletes must achieve the Performance Time Standards shown in the chart at the bottom of the page. All times must be swum in long course meters and the maximum number of events that any 1 athlete may count towards these point totals is 4 events. There is no maximum number of athletes that each team can submit. If you make one or more of the qualifying times then your times will be submitted. There are separate time standards for those swimmers that are aged 18 and under and for those aged 19 and older. No one competing in college can be considered for the program (swimmers must be either pre college or post graduates or professionals).

### The Challenge

Waukesha Express Senior Swimmers (Sr. 1, 2, and Team) here is my challenge to you. We missed making the Gold Medal level by 1,500 points (each qualifying time achieved is worth a minimum of 800 pts.) and we had 6 swims that missed qualifying by .20 or less last summer. We had 22 swim qualify and we scored 19,227 points. I would like to see us make at least 35 qualifying time standards this summer and have at least one swimmer make the Gold Medal time standard. We could score 30,000 points and not make the Gold Medal if we don't have one person make that qualifying time. For every swimmer that makes a qualifying time below they will be given a Silver Express cap to wear at practice and anyone who makes a Gold Medal time will be given a Gold Express cap to wear at practice. Once you achieve one of those times this is the cap you will be wearing whenever you are at practice. Let's see how many Silver and Gold caps we can have in the pool by the end of the summer. We currently have two swimmers that achieved these time standards at the NCSA Jr. Nationals in March (Stephanie Armstrong qualified in the 100 and 200 m freestyle and Jessica Wolf qualified in the 800 m freestyle). The performance time standards haven't been set for next year's program, so we are going to go off of last year's time standards. I was told by USA Swimming that they would be similar if not the same.

Listed below are the teams and the number of points that each team scored (please note that we as a team scored more points than all of the Wisconsin teams combined). Listed below are the Rankings of the teams that qualified for each level. The number of points listed next to their name is the number of points that they scored. We ranked 19th overall in the United States, but 18th in the Gold Medal scheme because the Baylor

Swim Club didn't have anyone that was 18 yrs. old or younger make one of the Gold Medal qualifying standards.

## 2009 Club Excellence Program

### Gold Medal Clubs

|  |  |
|--|--|
| Longhorn Aquatics 64,136 pts.            | North Baltimore Aquatic Club 46,864 pts.   |
| SwimMAC Carolina 42,091 pts.             | Swim Atlanta 41,661 pts.                   |
| Club Wolverine 36,096 pts.               | NOVA of Virginia Aquatics Inc. 34,365 pts. |
| Sarasota YMCA Sharks 33,912 pts.         | Palo Alto Stanford Aquatics 33,236 pts.    |
| KING Aquatic Club 33,158 pts.            | Nashville Aquatic Club 32,331 pts.         |
| Tucson Ford Dealers Aquatics 30,352 pts. | BEST Swim Club 27,087 pts.                 |
| North Coast Aquatics 24,534 pts.         | Dallas Mustangs 24,447 pts.                |
| Lakeside Swim Team 22,489 pts.           | Cypress-Fairbanks Swim Club 21,808 pts.    |
| Bluefish Swim Club 20,820 pts.           |  |

The following teams qualified for Gold Medal status by having an athlete on the 2008 Olympic Team

|                         |                    |
|-------------------------|--------------------|
| Coral Springs Swim Club | The Fish           |
| Mission Viejo Nadadores | Rose Bowl Aquatics |
| Santa Barbara Swim Club |                    |

### Silver Medal Clubs

|  |                                      |
|--|--------------------------------------|
| Baylor Swim Club 20,567 pts.                         | Pilot Aquatic Club 20,516 pts.       |
| <b><u>Waukesha Express Swim Team</u></b> 19,227 pts. | The Woodlands Swim Team 19,034 pts.  |
| Curl Burke Swim Club 18,836 pts.                     | Sierra Marlins Swim Team 18,744 pts. |
| Dynamo Swim Club 18,131 pts.                         | Long Island Aquatic Club 17,383 pts. |
| Sun Devil Aquatics 17,088 pts.                       | Kansas City Blazers 15,826 pts.      |
| Gulf Coast Swim Team 15,545 pts.                     | Southeastern Swim Club 15,436 pts.   |
| St. Petersburg Aquatics 14,973 pts.                  | Terrapins Swim Team 14,862 pts.      |
| Cincinnati Marlins 14,360 pts.                       | Carmel Swim Club 13,508 pts.         |
| Dayton Raiders 13,030 pts.                           | Redlands Swim Team 13,022 pts.       |
| University of Denver Hilltoppers 12,350 pts.         | Canyons Aquatic Club 12,446 pts.     |
| WAVES Bloomington Normal YMCA 12,350 pts.            | Pine Crest Swimming 12,170 pts.      |
| Jersey Wahoos Swim Club 12,167 pts.                  | Clovis Swim Club 11,955 pts.         |

|   |   |
|---|---|
| Raleigh Swimming Association 11,460 pts.    | Brandon Sports & Aquatic Center 11,417 pts.     |
| Poseidon Swimming Inc. 11,292 pts.          | Oakland Live Y'ers 11,037 pts.                  |
| Rockwood Swim Club 10,530 pts.              | Swim Pasadena 10,527 pts.                       |
| Clayton Shaw Park Tideriders 10,493 pts.    | Gator Swim Club 9,825 pts.                      |
| Asphalt Green Unified Aquatics 9,614 pts.   | Marietta Marlins Inc. 9,593 pts.                |
| North Jeffco Swim Team 9,451 pts.           | TIDE Swim Team 9,381 pts.                       |
| Germantown Academy Aquatic Club 9,201 pts.  | Pleasanton Seahawks 8,942 pts.                  |
| Delaware Swim Team 8,876 pts.               | Schroeder YMCA Swim Team 8,758 pts.             |
| Santa Clara Swim Club 8,622 pts.            | Mason Manta Rays 8,613 pts.                     |
| Tualatin Hills Swim Club 8,579 pts.         | Marlins of Raleigh-Wolfpack Aquatics 7,895 pts. |
| Sonoco Swim Club 7,881 pts.                 | Northern KY Clippers 7,738 pts.                 |
| Green Terror Aquatic Club 7,714 pts.        | Boilermaker Aquatics 7,400 pts.                 |
| Ft. Lauderdale Aquatics 7,096 pts.          | First Colony Swim Team 7,019 pts.               |
| Blue Tide Aquatics 6,953 pts.               | New Trier Swim Club 6,946 pts.                  |
| Greenwood Memorial Swim Club 6,915 pts.     | Peddie Aquatic Association 6,911 pts.           |
| Coast Guard Blue Dolphins 6,611 pts.        | Colorado Stars 6,273 pts.                       |
| Mission Aurora Colorado Swimming 6,198 pts. | Alamo Area Aquatic Association 6,175 pts.       |
| Aquajets Swim Team 6,167 pts.               | Cheshire YMCA 5,984 pts.                        |
| Sandpipers of Nevada 5,939 pts.             | Stingrays 5,434 pts.                            |
| Piranha Swim Team 5,279 pts.                | Spokane Area Swimming 5,213 pts.                |
| Chattahoochee Swim Club 5,173 pts.          | Green Mountain Aquatics 5,166 pts.              |
| City of Charleston Racing Team 5,149 pts.   | California Capital Aquatics 5,125 pts.          |
| Lexington Dolphins 5,116 pts.               | Bolles School Sharks 5,107 pts.                 |
| North Carolina Aquatic Club 5,087 pts.      | Clearwater Aquatics 4,991 pts.                  |
| Washington Township Swim Club 4,974 pts.    | Jewish Community Center Sailfish 4,569 pts.     |
| Neptune Swimming 4,538 pts.                 | Florida Atlantic Swim Team 4,485 pts.           |
| Lake Oswego Swim Club 4,389 pts.            | Winston-Salem YMCA Swim Team 4,384 pts.         |

### 2009 Club Excellence Performance Standards

| Women    |         | Events           | Men      |          |
|----------|---------|------------------|----------|----------|
| 18/under | 19/over |                  | 18/under | 19/over  |
| 26.63    | 25.51   | 50 free          | 24.37    | 22.75    |
| 58.40    | 55.96   | 100 free         | 53.88    | 50.29    |
| 2:07.13  | 2:01.81 | 200 free         | 1:58.30  | 1:50.22  |
| 4:25.57  | 4:14.45 | 400 free         | 4:10.26  | 3:53.69  |
| 9:05.81  | 8:42.96 | 800/1500<br>free | 16:31.80 | 15:26.16 |
| 1:05.53  | 1:02.79 | 100 back         | 59.78    | 55.82    |
| 2:19.40  | 2:13.56 | 200 back         | 2:09.23  | 2:00.68  |
| 1:12.55  | 1:09.51 | 100 breast       | 1:07.70  | 1:02.63  |
| 2:36.21  | 2:29.67 | 200 breast       | 2:25.52  | 2:15.88  |
| 1:02.48  | 59.86   | 100 fly          | 57.60    | 53.78    |
| 2:17.51  | 2:11.75 | 200 fly          | 2:08.28  | 1:59.79  |
| 2:22.66  | 2:16.69 | 200 IM           | 2:11.56  | 2:02.85  |
| 5:00.19  | 4:47.62 | 400 IM           | 4:40.26  | 4:21.71  |

### Gold Medal Time Standards

| Women   |                | Men      |
|---------|----------------|----------|
| LCM     |                | LCM      |
| 26.00   | 50 Free        | 23.02    |
| 56.11   | 100 Free       | 50.27    |
| 2:01.20 | 200 Free       | 1:50.55  |
| 4:15.63 | 400 Free       | 3:56.12  |
| 8:48.13 | 8/1500<br>Free | 15:45.69 |
| 1:02.98 | 100 Back       | 56.87    |
| 2:15.55 | 200 Back       | 2:04.08  |
| 1:10.74 | 100 Breast     | 1:03.14  |
| 2:32.29 | 200 Breast     | 2:17.54  |
| 1:00.51 | 100 Fly        | 54.29    |
| 2:13.48 | 200 Fly        | 2:01.61  |
| 2:17.44 | 200 IM         | 2:05.11  |
| 4:51.31 | 400 IM         | 4:28.15  |

Here is a list of the swimmers from our team that made qualifying times last summer for our 2009 Silver Medal status:

**Girls**

|                     |                    |         |
|---------------------|--------------------|---------|
| Stephanie Armstrong | 50 m Freestyle     | 26.49   |
|                     | 100 m Freestyle    | 58.05   |
|                     | 200 m Freestyle    | 2:05.63 |
| Clair Martin        | 200 m Backstroke   | 2:19.18 |
| Anna Meinholz       | 100 m Breaststroke | 1:12.54 |
| Stephanie Sarandos  | 100m Backstroke    | 1:03.39 |
|                     | 200m Backstroke    | 2:14.86 |
|                     | 200 m Freestyle    | 2:06.75 |
|                     | 200m Ind. Medley   | 2:20.26 |
| Emily Schwabe       | 200m Breaststroke  | 2:34.49 |

|                  |                    |         |
|------------------|--------------------|---------|
| Kayla Skenandore | 200 m Freestyle    | 2:05.86 |
| Rebecca Thompson | 50m Freestyle      | 26.16   |
|                  | 100m Freestyle     | 57.57   |
| Boys             |                    |         |
| Kyle Bubolz      | 50m Freestyle      | 22.73   |
|                  | 100m Freestyle     | 49.83   |
|                  | 100m Butterfly     | 52.98   |
| Byron Butler     | 100m Butterfly     | 57.42   |
| Collin Neitzel   | 100 m Breaststroke | 1:07.52 |
| Wes Lagerhausen  | 50m Freestyle      | 23.35   |
|                  | 100m Freestyle     | 51.32   |
|                  | 100 m Butterfly    | 56.42   |
| Dillon Wiesner   | 100 m Breaststroke | 1:07.68 |

Stephanie Sarandos was the lone swimmer that made the Gold Medal standard for our team in the 200 m backstroke.