

## Swim Academy - Frequently Asked Questions

### How can a swimmer qualify to join the Swim Academy?

To be eligible to join a Swim Academy Squad, each swimmer must demonstrate their ability to achieve minimum swim times in two specific events.

### How are Swim Academy squad placements determined?

All swimmers' placements into Swim Academy Squads are determined by two factors: 1) the swimmer's age and 2) the swimmer's times in two specific swim events. The Swim Academy has a number of squads and each one has its own time standard. For some squads, the minimum time required differs based on the swimmer's age.

### Is there any difference in the time standards between boys and girls?

No difference is made in the eligibility times for boys or girls, except for the University Squad.

### When can a swimmer swim the two events in the time standard?

The time standard times must be achieved by the swimmer at: 1) one of the two annual internal time trials or 2) certain swim meets that are pre-determined by the Head Coach.

### If a Swim Academy swimmer wants to move up to a higher squad, when can this be done?

All swimmers need to swim both events to gain entry into a Swim Academy squad. If a swimmer does not successfully qualify for a squad in both events, then the swimmer may use other opportunities throughout the season. For example, Johnny has successfully qualified for the Swim Academy's Blue Squad. He would like to move up to the Bronze Squad. Johnny has achieved the Bronze Squad time standard for one of the two events (200 Freestyle), but has not yet achieved the time for the 100IM. During the next eligible squad move up opportunity, Johnny would only need to qualify for the 100IM since he already qualified for the 200 Freestyle earlier in the school year.

### When can a new ISB student try out for the Swim academy?

New students to ISB who arrive after the time trial are eligible to work with the Head Coach to determine their squad placement.

### Can swim times from previous school years be used to qualify for the Swim academy?

No, all swimmers are required to swim the required times each school year.

### Are the time standards ever adjusted?

These time standards are reviewed annually and may be adjusted at the Head Coach's discretion to account for any significant squad wide time improvements from season to season.

### Is there a limit to how many times a swimmer can swim the two events for squad placement?

There may be times when the coach's discretion may be used. For examples in a situation where a swimmer is putting excessive pressure on themselves, such as when a swimmer continues to swim the time trial events at every given opportunity to make it into a squad. The Swim Academy promotes all 4 strokes and believes in a balanced broad event approach when choosing events for meets. If a swimmer is way off the standard times, then it's best to spend a longer time getting fitter and more conditioned before any further attempts are made to swim these events.