



**2016 CONTRA COSTA COUNTY
CHAMPIONSHIP SWIM MEET**

2016 COUNTY ELIGIBILITY

Lesson and Clinic Guidelines for pre-high school age swimmers

<u>LESSONS & CLINICS</u> (Eligibility not jeopardized)	<u>TRAINING & WORKING OUT</u> (Eligibility potentially jeopardized)
<u>TYPE OF WORK:</u>	<u>TYPE OF WORK:</u>
<ul style="list-style-type: none"> • Stroke technique • Discussions • Movies, demonstrations • Concentration on correction 	<ul style="list-style-type: none"> • Focus on multiple laps at a time • Interval training • Sets
<u>TIME</u>	<u>TIME</u>
<ul style="list-style-type: none"> • 60 minutes or less per session 	<ul style="list-style-type: none"> • More than 60 minutes per session
<u>GOALS</u>	<u>GOALS</u>
<ul style="list-style-type: none"> • Learning • Perfection • Fine-tuning • Right/wrong 	<ul style="list-style-type: none"> • Endurance • Conditioning • Strength • Distance work
<u>CO-PARTICIPANTS</u>	<u>CO-PARTICIPANTS</u>
<ul style="list-style-type: none"> • Recreational swimmers 	<ul style="list-style-type: none"> • USA swimmers

NOTE: ALTHOUGH LESSONS AND CLINICS ARE DEEMED “SAFE” FOR COUNTY ENTRANTS, REC SWIMMERS ARE EXPECTED TO TAKE A BREAK. THIS MEANS THAT A SWIMMER WHO TAKES LESSON AFTER LESSON, BETWEEN DECEMBER 31st AND APRIL 11th COULD BE JUDGED INELIGIBLE TO PARTICIPATE IN THE COUNTY MEET.

IN THE PAST, SWIMMERS HAVE BEEN DECLARED INELIGIBLE FOR:

1. Participating in training/conditioning classes which were workout sessions for USA swimmers.
2. Competition in USA Swim Meets between January 1 and the County Swim Championships.
3. Participating in more than 15 total hours of lessons/clinics between Jan 1st-April 11th.
4. Participating in water polo/synchronized swimming programs where the primary focus of the work is swim conditioning. It is understood that being in the water for either of these activities involves some swimming, but there is a clear line between water polo/synchronized swimming drills and straight swim training.

ANY QUESTIONS ABOUT ELIGIBILITY SHOULD BE SENT TO: COUNTYMEET@LMYASWIM.COM