

LIAC SETS METRO RECORD IN VIRTUAL CLUB CHAMPIONSHIPS

Virtual Club Championships

[Click here to see the Virtual Club Championship Rankings](#)



Purpose: Recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming continuum emphasizing the team element in club swimming. This program serves as a key part of the Athlete Development & Performance component of the [Club Recognition Program](#).

After the performances this past weekend at the IMX meet **LIAC** has past the 200,000 point mark in USA Swimming's Virtual Club Championship. The Metro record for a team in a single season was held by Empire Swimming at 200,560 points. We are now at 201,149 with eight weeks of championship swimming to go. Currently LIAC is ranked among the **top 15 teams** in the country. Having surpassed last year's final short course total by over 10,000 points we look to finish in the top twenty teams in the country in this championship for the first time.

While we don't believe the Virtual Club Championship is the most accurate gauge of the best teams in the country it does provide an important measuring stick for us to compare our total strength and direction of our program to teams throughout the country. This particular championship is heavily weighted towards team depth from the ages of 11-18. To be sure, that's what makes our accomplishment so impressive. Out of the top 20 teams currently on the list only four teams, (Lakeside, North Baltimore, Long Island Aquatic Club, and Delaware) have memberships of less than 500 swimmers, (LIAC 265 swimmers).

What's great about this measure is that everyone on LIAC from 11 – 18 has a chance to help the team achieve the ranking. When we are the size we are competing against the 1000 plus member teams every swim is important. You all have embraced the challenge and the staff is proud of the overall team's improvements in this area. Stay focused and together we will achieve the goal of the first Metro Team in the top 20.

There are other national ranking systems and additional metrics that help us compare our program with the rest of the country. These include:



The National Club Excellence Program measures high end performance of a club. Swimmers 18 and under must have times that approach the summer Junior National level. Those swimmers with that level of swim can score points for the team based upon the FINA point system. Additionally the team must have at least one 18 and under swimmer with National Junior Team Qualifications. The **Top 16 Teams** are awarded **Gold Medal Club** status. Out of the nine years of the programs existence we have achieved Gold Medal status for two years, being named a Silver Medal Club the other seven years.

Our goal at LIAC is to be a perennial Gold Medal program. We have work to do towards that end. LIAC had three swimmers named to the National Junior Team this year. The results will be out in March to see if we scored enough points to be named a Gold Medal Club for 2010.

Based upon these two metrics we feel that we have been a Top 25 Club in the United States. We feel proud that we have done this with 200 - 300 swimmers. LIAC is not a program trying to attract swimmers from around the country. We feel confident that we can attain our team goal of a top 10 programs in the nation with Long Island based swimmers.

The staff also looks at the number of Olympic Trial qualifiers, the number of national qualifiers, the placing of our National and Junior National Teams in their Championships, (last summer we where 2nd in the nation). How many nationally ranked swims? Do we compete well at our Senior Metropolitan Championships and Junior Olympics Championships, (last year we won Senior Mets and JO's).

Finally the single age point system has been a great metric to measure the progress of swimmers on the team. For the majority of swimmers not yet ready to chase the national cut the point system gives great feedback about the improvement of a group or a swimmer.

See you around the pool.

SWIM FAST SWIM LIAC