

Senior 1 - Ages 13 and Older Monday Thursday am
Monday-Thursday pm
Saturday AM approved by Coaching Staff

This is a competitive training group designed for swimmers ages 13 and older to train them for High School and USA Swimming state and regional levels of competition. The emphasis of the Senior 1 group will be on increasing aerobic capacity through increased kicking and swimming volume and intensity, continuing to enhance stroke mechanics and underwater kicking ability, and mastering concepts related to race strategies, proper nutrition, goal setting, and mental preparation.

Requirements to Enter Senior 1 Group

10 x 100 free on 1:45 (SCY)

6 x 100 IM on 2:00 (SCY)

10 x 50 Choice Kick on 1:05 (SCY)

- Swimmers must have achieved a legal time in High School or USA Swimming competition in the following events – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle—will have this season 2009-2010 to accomplish all these times

Practice Attendance

For regular improvement, swimmers are strongly encouraged to attend a minimum of 5 out of the 6/7 practices offered per week.

Meet Attendance

Swimmers are strongly encouraged to attend at least one meet per month as recommended by the group coach. Swimmers should attend the highest-level championship meet they qualify for.

Equipment

Fins—hand paddles—pull buoy—mesh bag—water bottle—Finis snorkel—rubber ankle strap—kick board

Goals of the Senior 1 Group

The primary goals of the Senior 1 group are to physically prepare swimmers for the highest level of competition possible according to their personal goals and to physically and emotionally prepare swimmers for eventual movement to the Senior 2 group

**Senior Group - 2 Monday/Tuesday/Thursday/Friday am
Monday thru Thursday pm\
Saturday am**

This is a highly competitive training group designed to prepare swimmers for state, regional and National levels of competition. The emphasis will be on increased aerobic conditioning, skill development, and the physical, mental and emotional preparation required for National level competition. This group will focus on issues such as advanced stroke mechanics, perfecting race strategies, proper nutrition, individual goal setting and developing an understanding of the importance of proper mental preparation. Training will include a specifically designed dryland conditioning program.

Requirements to Enter Senior 2 Group

To be considered for placement into the Senior group swimmers

- 10 x 100 Free on 1:20 (SCY)
- 4 x 400 Free on 5:20 (SCY)
- 8 x 200 IM on 3:10 (SCY)
- 10 x 100 Choice Kick on 2:00 (SCY)

- Swimmers must have achieved a legal time in High School or USA Swimming competition in the following events – 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle and either the 1000 or 1650 Freestyle—will have this season 2009-2010 to accomplish all these times

Practice Attendance

Swimmers are **required** to attend all the practices each week. Athletes who fail to meet this requirement, evaluated over each month, will be moved to Senior 1

Meet Attendance

Swimmers are expected to attend all meets prescribed by the Senior group coach including the highest-level championship meet that the swimmer qualifies for during both the short- and long-course seasons. Focus meets for this group during the short-course season are the IN Senior and Age Group Championships. Focus meets for this group during the long-course season are the IN Senior Championships and IN Age Group Championships.

Equipment

Fins—hand paddles—pull buoy—mesh bag—water bottle—Finis snorkel—rubber ankle strap—kick board

Goals of the Senior Group

The primary goal of the Senior group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to move into our Elite group. When swimmers move out of the Senior group they should be able to complete all of the following:

- Demonstrate the highest possible commitment to practice attendance.
- Demonstrate consistency in going at least 13 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to attending all dry land sessions offered
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the mental skills necessary to succeed at a national level of competition
- Demonstrate an advanced understanding of nutrition and psychology in order to develop the best possible environment for success
- Demonstrate a proven commitment to attending all meets prescribed by the High-Performance group coach
- Allow for limited interference from high school practices and competitions
- Participate fully in any team activities prescribed by the High-Performance coach to benefit younger swimmers on the team
- Participate in community service projects prescribed by the High-Performance coach
- Demonstrate a proven ability to excel in both the pool and the classroom and to balance both activities effectively
- Demonstrate the ability to limit distractions outside of school and swimming that will possibly hinder practice and meet performance

To prepare each swimmer for success in collegiate swimming