

## **SENIOR GROUP –**

This level is only for those swimmers that have fully committed to the sport. This group is a privilege and participants must be invited by the Head Coach. The Senior Group is mostly for YMCA National level swimmers and above who are committed to reaching 100% of their potential in the sport. At this level we will incorporate extensive stroke technique, dryland training, nutritional education, endurance training, preparation for competition and race strategy. The Senior Group will also help swimmers with goal setting, mental training, overall strength, flexibility and coordination, as well as general knowledge of competitive swimming.

A contract signed by the swimmer, parent and coach is required. Attendance at all meets and practices are mandatory. All swimmers are required to be USA swimming registered.

The Senior Group will practice 6-8 times per week.

To be placed in this group:

- Have at least a Y Nat cut and/or be able to complete the following sets –
  - 30x100 Free on 1:20
  - 10x200 IM on 3:00
  - 20x100 Kick on 1:50
  - 20x100 Back on 1:30

ATTENDANCE REQUIREMENTS:

***85% attendance required to remain in the Senior Group (based on 6 days/wk)***