
o 2009-2010 SENIOR GROUP EXPECTATIONS

- All swimmers in the Senior Group will complete a goal sheet prior to August 24, 2009
- All swimmers choosing to participate in the Senior Group will committ to making a minimum of 3 practices per week.
- All swimmers in the Senior Group will train with a focus on making themselves and their teammates better.
- Swimmers in the Senior Group have the option to seek out additional training opportunities such as weight room sessions or extra in-water sessions with the coaching staff.
- All Senior Group swimmers will have the necessary equipment in order to participate in every aspect of practice. (see the National Prep Equipment List)
- Senior Group swimmers will attend the highest meet for which they are qualified. (ie. Swimmers qualifying for State WILL attend state, etc.)
- Senior Group swimmers who are more than 10 minutes late for practice without notifying Coach PJ will complete a specialty set as penatly for inexcusable the disruption of practice.
- Any Senior Group swimmers wishing to be promoted to National Prep must meet the following criteria:
 - o Must be at least 12 Years of Age
 - o Must have no less than 75% attendance prior to move
 - o Must successfully complete the National Prep Entry Sets
 - 10 x 100 FS SWIM @ 1:20 (scy)
 - 01 x 500 CH KICK @ 09:30 or better (scy)
 - 03 x 200 IM SWIM @ 3:30 (scy)
 - 04 x 200 FS PULL @ 2:50 (scy)
 - o Must have at least 1 Louisiana State Cut