

SWAT SENIOR TRAINING GROUPS

The Southwest Aquatic Swim Team (SWAT) recognizes that there are many senior swimmers who want to have a program to just stay in shape prior to or post high school season, at a reasonable fee. SWAT offered such a program for the first time beginning this past summer. Due to the overwhelming response we will offer it again during Short Course. **The group will have no competition, meet volunteering or fundraising requirements.** SWAT is calling the group: Senior Training I (HS Men pre season) and Senior Training II.(HS Women Post Season). It is open to all high school age swimmers.

SENIOR TRAINING I- Group Information:

Training Location:

Muskego HS and Whitnall HS

Dates: 9/20 to 11/14

Eligible Swimmers: Any competitive swimmer who will be at least a high school freshman in the fall of 2009.

Cost: \$225 Flat Fee (includes all training fees, US Swimming registration & insurance)

Group Objectives: To provide a solid training base for the 2009/10 high school season as well as improve technique

SENIOR TRAINING II- Group Information:

Training Location:

Muskego HS and Whitnall HS

Dates: January 3, 2010 to February 27, 2010

Eligible Swimmers: Any competitive swimmer who was at least a high school freshman in the fall of 2009.

Cost: \$225 Flat Fee (includes all training fees, US Swimming registration & insurance)

Group Objectives: To keep in shape and to strengthen your training base achieved during your high school season as well as improve technique

Schedules for both group levels can be found on line under schedules or new membership info.

The group size is limited: Registrations will be accepted on a first paid/first served basis until the group is filled. This information is being distributed to all of the high school coaches/swimmers in the area so the group is expected to fill fast.

FYI: SWAT also offers other groups for high school age swimmers who are interested in more training time & competition. High school girls who do not wish to wait until January and lose cardiovascular endurance achieved during their season may start into one of our Senior groups immediately upon conclusion of their HS season. Those interested in joining one of those groups should contact the SWAT Team Office for more information. We also have a team website located at www.swimswat.org for more detailed information of our various team programs and levels.