



RIO SALADO SWIM CLUB

Chandler + Gilbert + Queen Creek + Tempe

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Senior Program
Training Group Move-up Requirements

The Senior program is designed to incorporate the following goals:

- Prioritizing performance
- Build group wide support and culture
- Maintain specific athlete to coach relationships
- Minimize season-ending taper schedule conflicts

Weekly practice structure:

- Monday: split by group and lead coach
- Tuesday: split by Primary Strokes
- Wednesday: split by Sprint/Mid-D/Distance focus
- Thursday: split by Primary Strokes
- Friday: split by Men and Women
- Saturday: split by group and lead coach
- All morning practices are open to athletes of ALL GROUPS

Move-up windows each year:

- November (post HS State)
- April (post SCY season)
- August (post LCM season)

Senior 1 w/**Kristin Adair:**

- JO qualifiers. General aerobic training, basic goal setting, strive for Senior State qualifying times.

Senior 2 w/**Justin Richardson:**

- Minimum 3 State (AG or Senior) qualifying times. More specialized training, long term goal setting, aiming for Sectional qualifying times.

Senior 3 w/**Bob Chen:**

- Minimum 1 Sectional qualifying time. Specific long term goal setting (college aspirations), prepping for Futures/Jr. Nationals qualifying times.

USA Swimming Time Standards:

<https://www.usaswimming.org/Home/times/time-standards>