



## VICTORY AQUATICS

### Roster Group Definitions – High School Conditioning

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#### **High School Conditioning**

This group is for the Aquinas High School swimmers ONLY.

Their training requirements depend on our contract with the high school.

They will train with the Age Group swimmers 3 days per week. These days need to be flexible to allow for CIF swim meets during the CIF swim season (February – May).

The attendance requirement is based on the PE requirements of the school.

They will be registered with USA Swimming and may compete at the club swim meets.

Aquinas swimmers may choose to train with a team Roster Group but will be invoiced at the group training fees.

#### ***Equipment Requirement***

- ✓ Cap (Silicone recommended for long hair)
- ✓ Goggles
- ✓ Kickboard
- ✓ Pull Buoy
- ✓ Fins
- ✓ Paddles (preferred by Fins\*)
- ✓ Snorkel
- ✓ Water bottle
- ✓ (Optional) Wet bag to hold the equipment