



VICTORY AQUATICS

Roster Group Definitions – Juniors & Pre-Juniors

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These athletes are now seriously committed to the team. They are dedicated to training, have attendance goals, and attend more than 70-80+% of the swim meets they are qualified for. They demonstrate a level of maturity, ability to follow directions, and are not disruptive to the team practice.

Focus is on technique corrections, endurance, speed, and pacing. We usually see a significant level of time drops as the focus is now on **technique with speed**.

Goal setting is introduced. These swimmers are responsible for setting time goals, both short term and season, and tracking performance against these goals.

Injury Prevention and Management instruction is introduced.

Coaching at this level is essential to finding and developing those swimmers with the potential to become our 'elite' level swimmers.

The **Pre-Juniors** are admitted conditionally to this training level without meeting all the level requirements at the coaches discretion.

Requirements for Entry:

These athletes are now seriously committed to the team and have attained high red times, blue times, and JO cuts in all 4 stroke events. They are also required to qualify times in one or more distance events (400 meters/500 yards or higher).

Must be able to perform the sets consistent with the training requirements of this performance driven level.

Must participate in the strength and fitness training with specific attention to proper technique. Our goal is building core strength while preventing injury.

Must compete in 70-80% of the swim meets during the season.

Must meet 100% attendance each month. Note: One or two excused absences per month may be given at coaches' discretion. Should a swimmer need to limit swimming due to injury, practice sets will be modified to accommodate these swimmers. If a swimmer needs to be excused for more than 3 consecutive training sessions due to illness or injury their spot in the group will be reserved. A doctor's clearance is required to resume practice at this level.

Duration: 1 hour 15 minutes water + 1 hour strength and fitness training – 5 days a week and 2 hours on non-meet Saturdays.

Equipment Requirement

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



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NOTE ON SPEED: Swimmers who get fast with poor technique will hit a plateau and never get fast enough to reach the Senior levels. To get faster they must ‘unlearn’ poor technique and focus on technique improvements. They will get slower and this can have a negative psychological impact on high performance swimmers. Our focus is on technique before speed.