



VICTORY AQUATICS

Roster Group Definitions – Pre-Seniors & Seniors

Pre-Seniors & Seniors

The Senior team is for the athletes and parents who are now serious about the team. These swimmers are committed, dedicated, and meet high level performance standards. They have mandatory training attendance goals (usually missing only 1 unexcused training session per month).

They will be transitioning from age group meets (JO and Far Western) to senior level meets, i.e. Senior Series, Kevin Perry, Sectionals, Futures, and Jr. Nationals.

Attendance at all coach recommended meets is **mandatory**, especially the Senior level meets.

Focus is on "tweaking" and making those 'little' technique improvements that drop hundredths of a second. They will be working on endurance, pacing, race strategy, and **speed, speed, speed**. Time drops at this level are hundreds of a second.

Injury Prevention and Management instruction becomes very important.

Goal setting is mandatory. These swimmers are responsible for setting goals, both short term and season, and tracking performance against these goals. Swimmers at the senior level are not expected to drop time in every event at every meet. They set goals.

The **Pre-Seniors** meet all entry and performance requirements of the Senior level group but haven't yet attained a Senior cut.

Requirements for Entry:

Minimum age is 13

These athletes are the top performers of the team. Must have JO cuts or higher and/or be approved by the Senior level coach. Qualifying for a JO relay team will qualify as a JO cut. 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 all coach approved swim meets during the season, especially the Senior level meets.

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*)



VICTORY AQUATICS

Roster Group Definitions – Pre-Seniors & Seniors

- ✓ Snorkel
- ✓ Yoga Mat
- ✓ Foam Roller
- ✓ Water bottle
- ✓ (Optional) Wet bag to hold the equipment

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.