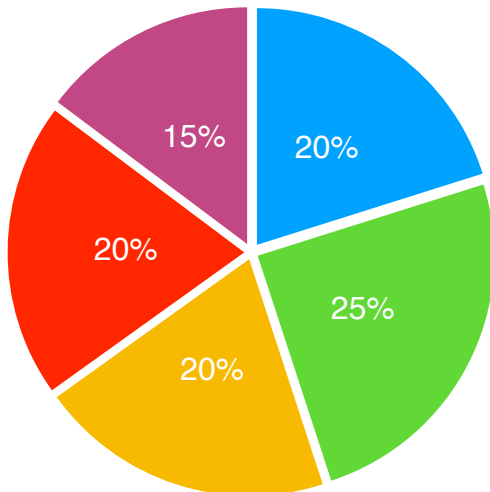


Sr. Prep GROUP

- fundamentals
- skill/drill
- kick
- aerobic advancement



Skill/Drill

- Advanced drilling skills
- Breathing patterns
- Efficiency sets
- Advanced underwater skill development
- Distance per stroke sets
- More advanced tempo training sets
- Challenge sets/Test sets

Advancement Eligibility from Sr. Prep to Senior:

- Performs 6 underwater butterfly kicks off all walls while swimming backstroke and butterfly.
- Shows self-initiative and engagement in one's own goals consistently.
- Shows a high level of respect for themselves, teammates, the coaching staff, and the sport.
- Understands the developmental transition from age group to senior swimming.
- Takes initiative to meet with their coach to develop a season plan with season ending goals.
- Shows an interest in collegiate swimming and possibly beyond.
- Demonstrates a high level of value and ambition towards the sport.
- Challenges themselves outside of the standard training requirements.
- Works with their coach to establish seasonal goals in coordination with the season design.
Shows honest efforts on a consistent basis during practices and dry-land sessions.
- Shows a high intent towards the season design.

Meets FST's (5) standards for group advancement:

1. Age (11-18)
2. Commitment
3. Ability (Times, Strokes, and Practice Performance)
4. Maturity
5. Coaches' discretion

Fundamentals

- Efficiency improvement
- Increased IM base training
- Anaerobic base training
- Increased aerobic threshold training
- Improving on Race Plans
- Race pace training cont..
- Expanded tempo training usage
- Knowledge of practice times, non-rested times, and personal best times.
- Understanding the season design
- Volume: 4000 – 6000 Yards

Kicking

- Flutter kick on/off a board.
- Flutter kick body positions stability drills.
- Butterfly kick on/off a board.
- Increased number of kicks off of all walls during practice and in meets.
- Breaststroke kick power drills.
- Use of Kick socks
- Kicking test sets
- Additional AM Kick only practices