

Black

Senior Group - Responsibilities/Expectations/Standards

Black group is designed for competitive advancement through training, stroke and skill refinement and team commitment for athletes 13 and up. All swimmers must meet certain physical developmental and skill levels.

Attendance Expectations:

To continue advancement at this age group consistent practice attendance is requested. Six practices a week will be held for most of the school year and full practice attendance is the expectation. Occasional absence for extenuating circumstance determined by the group coach will be allowed. Excessive absence as determined by the group coach may lead to the athletes training spot going to a waiting list athlete or group move up.

Training Expectations:

Consistent training cycles and multiple year training goals are the primary focus of this group. A variation of yardage throughout each week and across the larger season will occur. Practice lengths of 3500 to 6000 yards will be used depending upon skill levels and training cycles. An emphasis on technique and quality work will be the rule over a yardage per day philosophy.

Test Set:

8x 200's on 3:00

8 x 100's kick on 2:00

Competition Expectations:

Long-term championship swimming is the competitive goal of this group. All members of the group will be expected to participate in the meets Vortex (or the group) attends during the various stages of the season. There will be meets that are identified as the culmination of the group's championship cycle that will be the most important meets of each training cycle. The expectation to attend meets and develop with a focus on a championship meet at the end of the season is the best manner to ascertain training effectiveness and individual progress. There may be occasional exceptions for meet absence due to extenuating circumstances as determined by the group coach. Adjustments to meet requirements will be necessary for athletes during their high school swimming seasons and during participation in other sports as well. A discussion regarding any changes in competition expectations during these seasons with the group head coach must be a part of Team Vortex membership.

Equipment Expectations:

1. Swim Bag (To keep track of your gear)
2. Pull Buoy
3. Paddles (appropriate size-coach directed)
4. Fins (coach directed)
5. Snorkel