

Elite Prep Group

Elite Prep Group swimmers are knowledgeable of the four competitive strokes and have an advanced grasp on aerobic training. An Elite Prep Group swimmer is new to competing at a regional and national level. These swimmers are on the brink of being promoted to Elite Group. It is encouraged that swimmers in this group commit to consistently making at least 5 workouts per week during school year and 7 workouts a week during summer.

Practices- 6-9 pool practices a week for 1.5 to 2.75 hours.

Dryland- 3 x 45-minute dryland sessions per week with a certified trainer.

Mental and Nutritional Education- Monthly sessions with a certified and professional mental performance coach. Monthly nutrition informational sessions with a certified nutritionist.

Meets- Participation in monthly USA-sanctioned swim meets is expected. Championship meets for this group include Districts, State, Sectionals and Senior Zones.

Age- The age range for EP group swimmers is 14-18 years old.

Minimum requirements- EP group swimmers should be able to complete the following sets, and meet the standards set forth in the CUDA group promotion philosophy.

16 x 100 Free @ 1:20

12 x 100 IM @ 1:30

Equipment: Equipment is used to promote proper technique in different areas. Your coach will communicate which days equipment will be needed. The following pieces of equipment are used or introduced in Elite Prep group:

- Water Bottle
- Kickboards
- Short Fins
- Snorkels
- Paddles
- Pull Buoy