

CUDA Senior 3

Swimmers continue to master the four competitive strokes and they begin stroke specialization. Aerobic training increases in order to build a solid foundation for swimming at the collegiate level. It is expected that a swimmer in Senior 3 group make every practice, unless they have previously notified their coach that they will be absent.

Practices- 6 to 8 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 State, Sectionals, Senior Zones and Junior Nationals.

Age- 14-18 years old.

Minimum requirements- Senior 3 group swimmers should be able to complete the following sets.

20 x 100 Free @ 1:15

12 x 100 IM @ 1:30

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 introduced used extensively in Senior 3 group:

- Water Bottle
- Kickboard
- Short Fins
- Snorkel
- Paddles
- Pull Buoy
- Tempo Trainer (optional)