

# Senior Group

Senior Group swimmers are knowledgeable of the four competitive strokes and have an intermediate grasp on aerobic training. A senior group swimmer ranges from athletes who are trying to get in shape for high school season to swimmers to working to be placed in Gold or Elite Prep. Front Range Barracudas offers 6 practices a week for Senior group. It is encouraged that swimmers in this group commit to consistently making at least 3 workouts per week.

**Practices-** 6 pool practices a week for 1.5 to 1.75 hours.

**Dryland-** 2 x 15-minute dryland sessions per week.

**Meets-** Participation in monthly USA-sanctioned swim meets is expected. Championship meets for this group include State and Northern Colorado Championships.

**Age-** The age range for Senior group swimmers is 13-18 years old.

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

10 x 100 Free @ 1:45

8 x 100 IM @ 2:00

**Group Size-** Senior group ranges in size from 20-28 athletes per practice.

**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 Senior group:

- Kickboards
- Short Fins
- Snorkel
- Paddles
- Pull Buoys