



Iowa City Eels Swim Club

Senior

Group Description:

Prepares swimmers ages 14 and older to train and compete at the highest capacity offered at ICE. Senior swimmers should be seriously considering collegiate swimming, as training will focus specifically on developing an event list that aligns with the typical collegiate championship format. Senior athletes should aim to swim in every meet they can attend, and are required to swim in all championship / national / travel meets where qualified. Practices emphasize competitiveness and high performance as routine, including the importance of stretching, nutrition, recovery, and mindset. Swimmers are expected to habitually attend the maximum number of workouts assigned by the head coach, cease all regular participation in other sports, and consult the head coach regarding individualized lifting/agility routines.

Practices:

2 hours long; 20-40 minute dryland component 2-3 times per week, as assigned

Expected to attend 4 to 5 practices per week, as indicated by the head coach

Full equipment set, swim cap, and water bottle required

Workout clothes & tennis shoes for dryland sessions

Seniors should not do any weight training outside of supervised high school training, or with the expressed permission of the head coach

Meets:

- Swimmers are expected to play an active role in their event selection each season. Seniors are required to set up a goal meeting with the head coach to plan a meet schedule, dryland routine, and nutritional plan
- Seniors are expected to follow through with race reviews and assigned warm ups / cool downs, display race mentality & genuine sportsmanship, and diligently pursue short and long term seasonal goals
- Seniors must prioritize championship meets as a part of their seasonal schedule, and completely forego conflicting events involving other sports or activities
- Seniors are required to participate in ALL qualified/seeded Championship meet swims, relay and individual, per the head coach's discretion

*Final decisions regarding group placement are up to the head coach, without exception