



*This is a highly competitive training group designed to prepare swimmers for state and regional levels of competition. The emphasis will be on increased aerobic conditioning, skill development, and the physical, mental and emotional preparation required for eventual placement in the Gold group. This group will focus on issues such as advanced stroke mechanics, perfecting race strategies, proper nutrition, individual goal setting and developing an understanding of the importance of proper mental preparation. Training will include a specifically designed dry-land conditioning program.*

#### **Requirements to Enter the Black Sr. Group**

To be considered for placement into the Black Sr. group, swimmers must first be able to complete the *goals of the Black Jr.2 or Blue Sr. Group*. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 8 x 100 Free on 1:25 (SCY)
- 4 x 300 Free on 4:00 (SCY)
- 6 x 200 IM on 3:20 (SCY)
- 8 x 100 Choice Kick on 2:00 (SCY)
- Swimmers must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle.

#### **Practice Attendance**

Swimmers are **strongly encouraged** to attend a minimum of 4 practices per week. Athletes who fail to make 3 practices per week, evaluated over each month, will be moved to either the Black Jr.2 or Blue Sr. group depending on their age.

#### **Meet Attendance**

Swimmers are expected to attend at least 3 YMCA dual meets including relays during the winter season and the highest-level championship meet that the swimmer qualifies for. Focus meets for this group during the season are the YMCA State and Regional Swim Meets.

#### **Goals of the Black Sr. Group**

The primary goal of the Black Sr. group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to move into our Gold group. When swimmers move out of the Black Sr. group they should be able to complete all of the following:

- Achieve YMCA State Qualifying time standards in 3 individual events and 2 YMCA Regional Qualifying time standards in two different strokes.
- Demonstrate the highest possible commitment to practice attendance (5 per week)
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills
- Demonstrate a commitment to attending all meets prescribed by the coaching staff
- Demonstrate a commitment to attending all dry land sessions offered
- Demonstrate a commitment to balance academics with swimming, striving for excellence in both
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate a high level of respect for all members of the coaching staff
- Demonstrate the YMCA's 4 core values and show willingness to work together as a team in reaching for the highest level of individual and team performance possible
- Demonstrate the mental skills necessary to succeed at a national level of competition