



Senior 1 Group



The Senior 1 Group is designed for swimmers committed to train for Sectional and National competition. Swimmers must be in at least 8th grade to participate. Seasonal fees are charged for swimmers in this group and are a commitment for the entire season.

- **Eligibility requirements:**

- The swimmer must have the ability to swim 15x100 SCY Free/1:15, 15x100 SCY IM/1:25, and 10x100 SCY Kick/1:50.
- Swimmers must have Senior Sectional Qualifying time. Entry into the group will be based on coaches' discretion.
- Swimmers must be in good health, injury free and can train in all four competitive strokes. The SR 1 group swimmers must have the training base for entry into the group and by previously demonstrating consistent high attendance over the previous seasons.
- Swimmers must display a positive and respectful attitude, be accountable, and be committed to the process. They must be a true teammate and care about not only their own individual success, but their teammates' as well. The group dynamic and team culture is dependent on the expectation that each swimmer brings something important for the betterment of the group and the team.
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- **About the group:**

- Swimmers are offered up to 8 workouts per week and the opportunity to pursue and achieve goals on the national levels. The student-athlete in this group needs to recognize that training at this level does not allow for full-time involvement in other sports or activities. The attendance policy is consistent with what is needed to achieve their full potential. Swimmers are expected to maintain a high attendance of a minimum of 90%. Swimmers must adhere to the designated meets prescribed by the coaches and follow the plan targeting success for the swimmer and the team.
- Additional activities include drylands, swimmer/coach conferences, meetings, team activities, etc. Enjoy the process! Appreciate the value of long-term commitment, setting/achieving goals and support in making choices consistent with stated goals.
- Major goals: Senior Sectionals, Futures Championships, Junior Nationals Championships, Senior National Championships, and Olympic Trials.
- Workouts: 5000-7000 SCY/workout, up to 14+ plus hrs pool time/week plus dryland. The summer schedule offers additional opportunities and water time.