



# Senior 2 Group



The Senior 2 Group is designed for swimmers preparing for state and local meets. Swimmers must be in at least 9<sup>th</sup> grade to participate. Seasonal fees are charged for swimmers in this group and are a commitment for the entire season.

- **Eligibility requirements:**
  - Swimmers must have the ability to train in all four competitive strokes.
  - The Senior 2 group 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.
  
- **About the group:**
  - Swimmers are offered up to 7 workouts per week and the opportunity to pursue and achieve goals on the local levels. The student-athlete in this group can balance commitments in other sports or activities. The attendance policy is consistent with what is needed to achieve their full potential. Swimmers must adhere to the designated meets prescribed by the coaching staff and follow the plan targeting success for the swimmer and the team.
  - Additional activities include drylands, swimmer/coach conferences, meetings, team activities, etc. Appreciate the value of long-term commitment, setting/achieving goals and support in making choices consistent with stated goals.
  - Major Goals: High School State, Silver State, and ISI State meets
  - Workouts: 5,000-7,000 SCM/workout, up to 12+ hrs. pool time/week plus dryland. The summer schedule offers additional opportunities and water time.