



# Senior Prep



The Senior Prep Group will build upon their skills and training from the previous group with a continued concentration on stroke technique and additional focus on endurance, this group also emphasizes a fun and challenging environment. Seasonal fees are charged for swimmers in this group and are a commitment for the entire season. Regular participation in USA Swimming meets and age group state meets is highly encouraged.

- **Eligibility requirements:**
  - Swimmers in 7<sup>th</sup> and 8<sup>th</sup> grade and have extensive experience in competitive swimming.
  - Can swim 10 x 100 Free @ 1:30 SCY, 10 x 100 IM @ 1:45 SCY and 10 x 100 kick flutter or dolphin on 2:00.
  - Swimmers must be in good health and have the training base necessary for the group.
  
- **About the group:**
  - This is the top of our Age Group program and the first step into Senior swimming; expectations are high for the Senior Prep swimmer.
  - Workouts: 6 x 1.75 hours/week offered, with a minimum of 4 attended practices per week.
  - Individual and group goals will be established with a plan towards ownership of those goals and accountability as a group. Leadership will also be introduced.
  - Swimmers must adhere to the designated meets prescribed by the coaching staff and follow the plan targeting success for the swimmer and the team. State participation is mandatory.
  - Major Goals: ISI State Champs, Zone Championships, Sectionals if qualified. Develop workout and stroke improvement goals. This group has a special dedication to the sport of swimming. Hard work and fun are emphasized.
  - Workouts: 5,000+ yards per workout, 6 workouts per week, up to 10+ hrs. pool time plus dryland.