

Senior

Senior is NTSC's final level. This level is designed for high school aged athletes who are looking to fine tune their swimming to get the most out of the sport and pursue their specific goals. Dryland will be an important aspect of training as well as swim meet participation. All athletes must represent NTSC at Championship Meets for which they qualify. The three Senior groups, along with descriptions are below:

- Senior - Emphasis in this group is geared towards conditioning for the high school athlete who wishes to be successful during high school and club seasons. NTSC's goal for this group will be to make athletes comfortable with the rigorous training that "Senior" swimming demands.
- Senior Performance - This group is for high school age athlete committed to achieving high level goals as a swimmer. This group is designed for swimmers with the necessary ability and desire to train and compete at a regional/state level. Attendance at the majority of practices is expected.
- Senior High Performance - This is NTSC's highest training group. Membership into this group is by invitation from the Head Coach only. Swimmers must be in high school or have at least one NCSA National Standard to be eligible for membership in this group. This group is designed for swimmers who wish to compete at a national level and are interested in continuing this sport in college after they have left NTSC. Membership in this group is equally weighted on performance AND commitment levels from both the athlete and family. Attendance at all practices designated by Head Coach is required. Swimmers are required to compete at all advised meets, including national meets that may require out of state travel. These meets may require missing small amounts of school due to travel and meet dates.