



NATIONAL SENIOR GROUP

ELITE 15/OLDER

The coaching staff has the final decision for all group assignments and retains the discretion to move (or not move) swimmers based upon their judgment and/or factors not listed.

OVERVIEW

Ages	15/Older Determined by the age on the first day of season-ending championship meet
Description	This is an invitation group for swimmers who have demonstrated the commitment to consistently perform at the highest level on Foxjets both in practices and meets. Swimmers in this group aspire to compete at the national level, and have chosen swimming as their full-time co-curricular activity.
Meet Qualification Level	Winter Speedo Sectional and faster
Demonstrated Prior Commitment	80% minimum in NAG or NAT Prep
Training Capacity	Consistent adherence to the following minimum thresholds in practice: 15x100 Free on 1:10 Boys/1:15 Girls 12x100 Non-Free on 1:20 Boys/1:25 Girls 10x100 Kick on 1:40 (both genders)
Commitment	85% minimum in order to seek improvement (including swim practices, meets and strength training) Swimmers may not arrive late or leave early from any activity without permission obtained in advance
Equipment Needed	Fins, Snorkel, Speedo Power (or Strokemaker) paddles, Finis Agility paddles, 12-oz Gatorade bottle, kickboard, pull buoy

LEAD COACH

Head Coach Lloyd Larsen	foxjet@comcast.net
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