



NATIONAL SENIOR PREP

ADVANCED 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 group is for advanced older swimmers. These swimmers have full ownership of their sport, as well as communication with the coach. Swimmers in this group continue to seek improvement with a process-driven perspective in daily training - seeking advancement to National Senior (with the achievement of a Speedo Sectional qualifying time)
Skills Needed	Consistent adherence to the following minimum thresholds in practice: 15x100 Free on 1:20 Boys/1:25 Girls 12x100 Back or IM on 1:30 Boys/1:35 Girls 10x100 Kick on 1:50 (both genders)
Other Qualification Needed	13-14 MN Gold Time (or faster) <i>OR</i> Prior Attendance Rate of 75% in previous group
Participation Recommended	80% minimum (including meets) in order to expect progress
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