



# SENIOR GROUP

13/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	13/Older Determined by age on the first day of upcoming season championship meet
Description	This group is for older swimmers who seek to continue to enhance their level of skill. The group is broken into training intervals that are swimmer-specific. If the swimmer desires to advance to the National Prep Group, he/she must demonstrate increased desire/commitment. Swimmers should communicate with the coach if they desire to advance to National Prep.
Skills Needed	Prior membership on Foxjets (or any other competitive swim team)
Meets	Recommended to attend all meets designated on the schedule for this group, including the highest level championship meet qualified
Equipment Needed	Swim fins, paddles, pull buoy, snorkel
<b>LEAD COACH</b>	
Head Coach Lloyd Larsen	<a href="mailto:foxjet@comcast.net">foxjet@comcast.net</a>