

Senior Development Team

This team is for swimmers 13 years of age and older. The primary goal of this team is to focus on the swimming technique of the 4 competitive strokes. We also have the goals of learning how to build endurance and swim fast – striving for B/BB Times while swimming at USA Level Meets against other USA Club swimmers. In practices we will be using equipment to help with swimming technique. Our swimmers will also have a strong focus on drylands to build muscles and coordination to help with their swimming.