



Cascade Senior Program

Cascade's Senior Program is for athletes 13&over who are ready to make a deeper commitment to year-round swimming, training and competing at a higher level of consistency and focus to perform their best for the TEAM at our championship meets. Our program provides an aspirational TEAM-first culture that challenges and motivates all Seniors to reach the highest level of their swimming potential.

Selection and acceptance into our Senior Program is on an athlete-by-athlete basis and exclusively at the discretion of the Head Coach. Space is limited and reserved for athletes who demonstrate the highest level of commitment to our training program and team goals. Swimmers who take a hiatus or return mid-season forfeit their spot on the team and may not be accepted back upon return.

Cascade Seniors are expected to meet the expectations and commitment levels of their assigned Senior group. Group placement and movement is strictly at the discretion of the Head Coach. Swimmers are not allowed to "move down" in groups during times of greater outside activity. Cascade Seniors are expected to do their best to make-up missed practices and to keep their training a high priority throughout the year. Cascade Seniors are expected to communicate directly with their coach at all times regarding all issues as they take guided ownership and accountability of their swimming.

Cascade Seniors are expected to contribute to the greater good of the TEAM by being exemplary student-athletes and team leaders, supporting teammates and mentoring younger teammates at competitions and other team activities throughout each season. Cascade Seniors are expected to show greater focus, mental toughness, dedication and pride in their efforts and for their TEAM. Cascade Seniors understand hard work, self-discipline and perseverance create a culture of motivated, positive athletes who experience personal and TEAM success.

Focus, effort, positive attitude, passion to succeed, integrity, good sportsmanship, exemplary attendance at meets and practices, setting goals, caring about nutrition, proper hydration, rest & recovery, being respectful of coaches, parents and teammates while being the best teammate possible are all essential ingredients to long term success in our program.

Cascade swimmers train to race, we do not train to train!





Senior Prep

Senior Prep is for swimmers in high school needing foundational preparatory work and improved aerobic fitness. This group is for less-experienced swimmers who demonstrate a desire to compete in meets and to put in the work needed to advance to the Senior group. Senior Prep is not a substitute for Senior commitment and is not available for swimmers who have achieved a USA Swimming A time standard.

Senior Prep provides an opportunity to train in a fun and formative environment. Senior Prep welcomes high school and summer league swimmers considering a transition to year-round swimming. Swimmers must be able to train in all four competitive strokes. Improved stroke technique is stressed with an appropriate increase in conditioning over the course of each season.

Attendance Expectations: *There is a minimum expectation of at least 50% practice attendance on a weekly basis; understanding, the more the athlete attends, the more improvement they will see.*

Competition Expectations: *There are no competition expectations for Senior Prep; however, swimmers are encouraged to attend Cascade hosted meets as coaches deem ready. Any swimmer who qualifies for a PNS Championship meet is expected to compete FOR THE TEAM.*

Athlete Expectations

- Focus on improving stroke technique and skills
- Pushing to work harder
- Performing sets with proper effort and focus as instructed
- Being coachable and displaying genuine desire to improve

Group Focus Points

- Advancement of racing skills
- Stroke technique while swimming fast
- Increasing aerobic capacity
- Introductory interval training

Recommended Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



Senior

Senior group is for swimmers 13&over ready for Senior-level training who are prepared to make a serious commitment to the sport and the TEAM. Swimmers must be disciplined and dedicated to working towards peak performance at PNS Championship meets and higher.

Seniors understand the importance of hard work and dedication as they take full responsibility of their swimming. Seniors seek to improve stroke efficiency and aerobic capacity, increasing their range of abilities across all strokes and distances. Seniors develop an excellent grasp of race splitting, pace training and are ready to race their best when called upon. Seniors learn to take great care of their minds and bodies and are expected to train with purpose, adhering to good nutritional and recovery habits while maintaining a positive attitude and disciplined work ethic.

Attendance Expectations: *There is a minimum expectation of 80-90% practice attendance on a weekly basis and swimmers are expected to make up missed practices if possible.*

Competition Expectations: *Senior swimmers are expected to compete at meets on a regular basis. Any swimmer who qualifies for a PNS Championship meet is expected to compete FOR THE TEAM. In addition, swimmers are expected to compete at Regionals, Sectionals and above as qualified and required by the head coach.*

Athlete Expectations

- Commit to year-round Senior training (including all holidays and summers)
- Identifying tangible goals with focus on taking their swimming to the next level
- To remain injury free, utilizing proper rest and recovery strategies implemented by the coach
- Self-discipline and personal responsibility managing activities, social life and schoolwork
- Communication directly with Coach
- Positive TEAM leaders on the pool and on deck

Group Focus Points

- Increased commitment to training and TEAM
- Set and achieve higher goals and time standards
- Exemplary team participation and support
- Accept and incorporate coach's advanced racing strategies

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



Senior Performance

Senior Performance is for 13&over who have demonstrated a deep passion and commitment to year-round swimming as their number one sport of choice and who have achieved notable success in the water, i.e. qualifying for PNS Champs meets and higher-level competitions.

Senior Performance comprises of our most seasoned and advanced swimmers. The dedication, work ethic, time management and goal setting skills required in this group will help swimmers succeed throughout their lives. Senior Performance swimmers are expected to take everything to the next level as they continue to learn the importance of hard work and dedication. Senior Performance swimmers take pride in scoring the most points possible for the TEAM at champs meets and are intensely driven to reach “National” level swimming as they achieve their goals.

Attendance Expectations: *There is a minimum expectation of 90-100% practice attendance on a weekly basis and swimmers are expected to make every effort to make up all missed practices.*

Competition Expectations: *Senior Performance swimmers are expected to compete as much as possible, regularly competing in home and travel meets. Any swimmer who qualifies for a PNS Championship meet is expected to compete FOR THE TEAM. In addition, swimmers are expected to compete at Regional and National meets as qualified and required by the head coach.*

Athlete Expectations

- Maximum output and dedication
- Advanced pace training, variation of focused training intensities and modalities,
- Dedicated to taking care of mind and body 24/7
- Continued Personal Responsibility – managing outside activities, social life and schoolwork
- Communication directly with Coach
- Role model leaders of the team
- Exemplify sportsmanship in every aspect

Group Focus Points

- Advanced training including “two-a-days” as scheduled
- Continued stroke technique improvement and increased efficiency in strokes
- Chasing and achieving higher qualifying times

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel



National

This group is for our most accomplished swimmers 13&over who have qualified and competed at Futures, Juniors and above meets.

Swimmers in National group are expected to treat swimming as their passion and profession as they train to qualify and represent the TEAM at top qualifying meets around the country. National swimmers envision swimming in college and are dedicated to the hard work it takes to earn an athletic scholarship. This group also comprises of our collegiate and post-grad swimmers who remain in serious pursuit of their swimming goals and dreams. National group is a demanding and rewarding group for athletes driven to reach the highest levels possible.

Attendance Expectations: *There is a minimum expectation of 90-100% practice attendance on a weekly basis; swimmers are expected to make up all missed practices and arrange for practices when traveling. Extended periods of absence from workouts during season are not permitted. (over 2 days)*

Competition Expectations: *National swimmers are expected to compete as much as possible, with an emphasis on attending the fastest meets scheduled by the head coach. Swimmers are expected to compete FOR THE TEAM at PNS Championship meets. In addition, swimmers are expected to compete at Regional and National meets as qualified and required by the head coach.*

Expectations

- Superior focus and dedication
- Student-Athlete – time management is key and a successful balance is the goal
- Post grad – goal driven and responsible, professional lifestyle
- Giving back to the TEAM

Group Focus Points

- Advanced training and strategic planning
- Commitment to train for best events
- Professional race strategies
- Mastery skill development

Required Equipment

- Kick Board
- Fins
- Pull Buoy
- Paddles
- Snorkel
- Parachute