



Nation's Capital Swim Club – Alexandria Team



Senior Group 2020-2021

Swimmers Age Range: 14 and over, swimmers will be assessed specifically for the Senior program

Online Registration Options: Swimmers must be approved by Coach Jeff King

Practices per week:

- Lee AM -4:30am to 6:00 Monday through Friday
- Lee PM -3:30pm to 5:00pm Monday and Wednesdays
- NOTE - Afternoon practices cease after Memorial Day 2020, then mornings only.
- Saturday or Sunday when available
- Long Course practices – Minimum of twice a week starting in the spring
- Minimum Expected Training days/week 5 practices, more are highly encouraged.

Training Location: Lee District Rec Center

Payment Options

	Full Payment <u>OR</u>	8 Payments (Includes 7% fee)
Senior	\$4,575.00	\$545.70
Senior College Summer swim	\$595 (May-August)	

A valid credit card on file will be required for timed payment plans and all Fees must be paid in full by March 1, 2021.

Registration Deposit \$495 to reserve your place

Sibling discount - \$150 reduction for each additional member participating in our USA swim team programs.

Meet Fees Notice – all families will be responsible for their own meet fees and billed on the 1st of each month with the normal billing cycle.

Description:

The Senior Group is designed to be a progression from our Senior Prep competitive program with approval from the coaching staff, specifically Coach Jeff King. The age range is generally 14 and above, but this is determined on an individual basis. Swimmers should train 5 practices or more per week. These swimmers may participate in other sports but are dedicated to swimming and the many things it requires for success. Our season is split up into three parts. We have two short course seasons fall and winter and a long course season in the spring and summer. Additional practices may, when available, be added in addition to the normal practice calendar.

Senior Expectations:

The group goal is for the swimmers to continue to develop all four strokes and the individual medleys in all the distances. They will be encouraged to actively participate in setting their personal swimming goals, which will include discussion and accountability on communication, making their planned workouts, nutrition, and short/long term goals. They will be encouraged to work together to make the group stronger and thus the individual outcome stronger.

Goal Setting: Swimmers should be setting practice goals, meet goals and post high school goals. They should keep track of the type of food they are eating, hydration level, how much sleep they are getting and how those variables relate to practice and racing performance.

Communication: Swimmers should be proactive about training schedules and communicate when they will miss and how they plan on making the practice up.