



Senior Prep

2020-2021 Season

Swimmers Age Range: 13–17

Swimmers will be assessed for all programs to place them into an appropriate group.

Acceptance into the Senior Prep requires coach approval.

Practices per week:

- Lee AM - 4:30am to 6:00 Monday/Tuesday/Wednesday/Thursday/Friday
 - Lee PM - 6:00pm to 7:30 Monday –Thursday, afternoon practices cease after Memorial Day 2021, then mornings only.
 - Saturday - when available and swimmers will be notified
 - Long Course practices (mornings only) – twice a week starting in April - July
- Expected Training days/week 3–5 per week, there are 9 opportunities every week.

Training Location: Lee District Rec Center

Payment and Fees

	Full Payment	OR	8 Payments (Includes 7% fee)
Senior Prep	\$3,875		\$452.10

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.

Description:

The Senior Prep training group is designed to be a progression from our Age Group Performance program and swimmers are required to have approval from the coaching staff. The age range is generally 13-17, but this is determined on an individual basis. Swimmers train a minimum of 3 days and maximum of 6 per week. These swimmers may participate in other sports but are dedicated to swimming and the many demands on schedules the sport 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.

Concepts being taught:

- Distance per stroke
- Stroke count
- Interval training
- Rest interval
- Descending
- Pacing
- Dolphins kicks off walls of 6-8 in tight streamlines

Sets Associated with Group:

- 10 x 50 free on :50
- 16 x 50 medley on 1:00
- 10 x 100 free swim on 1:30
- 8 x 200 on 3:00

Senior Prep 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 their goals and growth in the sport of swimming, 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.



Nation's Capital Swim Club – Alexandria Team



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

Transition: swimmers will transition when appropriate based on multiple factors and criteria. Coaches should communicate on a regular basis. Transitions can occur:

- the beginning of the year
- after a natural break in the season – i.e. after Winter or Spring breaks
- as part of a coordinated plan with the Senior coach, parent and swimmer that involves a gradual move to the next level

Required Equipment:

- Fins
- Kickboard
- Snorkel + nose plug
- Pull-buoy
- Stretch Cords
- Hand Paddles
- NCAP cap