



# Nation's Capital Swim Club Alexandria

## J&M Swim Senior Group



**Senior Group:** Swimmers Age 14 & Up, assessment required

### Frequency & Location:

- Lee AM -4:30am to 6:00 Monday through Friday
- Lee PM -3:30pm to 5:00pm Monday and Wednesdays
- Saturday or Sunday when available
- Long Course practices –Minimum 2x week starting in spring
- Minimum Expected Training days/week 5 practices, more are highly encouraged.

<b>Fees:</b>	Full Payment	Full Early Bird Payment	8 Payments (includes 7% fee)
Senior	\$4,825.00	\$4,650.00	\$645.34
Senior College Summer Swim: May-July \$595			

- **\$600 non refundable per swimmer**
- **Early Bird Discount - \$175 on or before May 31st.**
- **Sibling discount - \$150 reduction for each additional member participating in our USA swim team programs.**
- **Programs are billed based on age as of December 31, 2022**
- **Afternoon practices end Memorial Day 2023**

### Concepts & Areas of Focus

- ❖ The senior group is a progression from our Senior Prep program with approval from the coaching staff, specifically coach Jeff King
- ❖ Swimmers should tain 5 practices or more per week
- ❖ Swimmers may participate in other sports but are dedicated to swimming and the many things it requires for success
- ❖ The season is split into three parts; short course seasons in fall and winter and long course season spring and summer
- ❖ Additional practices may be added when available

### Goals & Focus:

- ❖ Swimmers set practice, meet, and post high school goals
- ❖ Swimmers track types of food they eat, hydration level, how much sleep they get and how those variables relate to practice and racing performance.
- ❖ Swimmers should be proactive about training schedules and communicate when they will miss and how they plan on making the practice up.