

# Upper Palmetto YMCA Rays

Senior Program – Rock Hill Aquatics Center

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## PRE-SENIOR 2

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Pre-Senior 2 is the first step of the UPYMCA RAYS year round senior swimming program. This group is for swimmers in 13 and older who want to improve their competitive skills but either loves doing other sports as well or is just not ready for the training/commitment level of the Pre-Senior 1. Pre-Senior 2 is a transitional group that will focus on preparing young teenagers both physically and mentally for what it takes to be a senior level athlete. This group will focus on technique #1 and building a strong aerobic base to build on throughout the season. We will teach a “senior level” athlete how to build into a season. This process will be taught through structured workouts in the water with integral dryland workouts that will increase throughout the season. This group is ideal for the serious young teenagers who wants to train but also participates in other after school activities. The coaching staff is asking for each Pre-Senior 2 athlete to put in at least 2-3 days a week of practice. We ask this more along the lines to give us the opportunity to work with your swimmer but by no means is a requirement. Group moves from Pre-Senior 2 will be evaluated by the Senior Coaching Staff based on **training ability, age, commitment level, swim meet participation, group availability, competitive level, and academic grades.**

## PRE-SENIOR 1

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Pre-Senior 1 is the second step of the UPYMCA RAYS year round senior swimming program. The focus of the Pre-Senior 1 group is on continued stroke development but includes more training at an endurance level. This group begins to work on race strategy and swimming longer races. Pre-Senior 1 is a transitional training group that focuses on conditioning and educating kids on what is required to excel at the senior level of swimming. A continued concentration on technique is incorporated into each practice. Training and conditioning begin to take on a larger role within each practice. Swimmers are taught the importance of goal setting, consistent training, and race strategies. The group will meet five afternoons and Saturday morning. Early season cross training will be used, as well as, dryland routines that utilize body weight and flexibility. 70% monthly practice attendance (4 days a week) and a full commitment to participate in all scheduled competitions are required for this group. Group moves from Pre-Senior 1 will be evaluated by the Senior Coaching staff.

## SENIOR

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The Senior group is the final leg of the UPYMCA swimming program. Swimmers in this group are all 13 and older and have made the decision that swimming will be a major focus in their lives. Swimmers in this group plan to swim in college. This group focuses on training to compete at the highest levels of competition. A total commitment to competitive swimming is required to fully develop each athlete’s potential. Regional, national, and international competitions are utilized in seasonal and quadrennial planning. A highly structured training schedule is kept throughout the year, utilizing all of the YMCA’s facilities. Water workouts are still planned with technique and skill goals, but conditioning and fitness levels are the main focus. Time management is taught as an important skill that gives young athletes the ability to excel in both school and swimming. Planning each athlete’s future in collegiate swimming is also an important aspect of the Senior group. Although, Senior swimmers are expected to participate in every scheduled practice an 90% minimum monthly practice attendance and a full commitment to participate in all scheduled competitions are mandatory for this group. This group is by **invite only** by the Senior coaching staff. If your athlete is wishing to join the Senior group, please ask for a meeting the Coach Tim and your swimmers current RAYS coach.