



Aquazot Senior 1 Group Information

Please visit Aquazot.org for additional information and click on “New Member Registration” on the homepage to register your swimmer(s).

Swimmers will be assessed for all programs to place them into an appropriate group based on skill level and age. See below for group transition guidelines

Swimmer age: 12 & Older

Group Description:

The Senior 1 group is designed to introduce children who already have basic swimming skills to competitive swimming. This group involves a genuine interest and commitment to competitive swimming success from both the swimmers and the parents.

Minimum Criteria

The Senior 1 group is designed for “advanced beginners” who have learned all 4 strokes, and have had at least one season of summer league swimming, high school swimming, or advanced swim lesson experience. Swimmers who have not learned the above are encouraged to take additional swim lessons and training before trying out for this group.

Senior 1 Goals & Expectations

This stage is heavily dedicated to establishing strong technical foundations in all 4 strokes and developing an understanding of competitive swimming. This group will work on:

- Streamlining/Turns/Dives
- Drills for every stroke
- Sculling
- Use of Equipment: Kickboard, pull-buoy, fins
- Interval Sets
- Building/Descending
- 1 Swim Meet per month is offered and encouraged.

Practices Per Week

- Available: 5
- Expected weekly attendance: 3-5 practices/week

Training Location(s) & Schedule:

- Woodbridge High School 6:30-7:30PM (MONDAY thru FRIDAY)

Required Equipment

- AZOT Team Swimsuit, Cap & Shirt for meets
- Goggles (Extra pair of goggles, and cap recommended)
- Kickboard
- Pullbuoy
- Fins

***We recommend keeping all equipment in a mesh bag

Requirements for transitioning to the Aquazot Senior 2 group:

Age: 12 & older

Attendance: 6 practices offered, 4 to 6 practices per week expected Competition

performance: 'blue' time level for age

Practice performance: 6x100 freestyle @ 1:30, 6x100 IM @ 2:00, 4x100 kick @ 2:00