



Aquazot Senior 2 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 2 group is designed to be the first “serious first step” for swimmers (and their parents) who have made the decision to commit to being a competitive swimmer. Senior 2 level swimmers have met the minimum group criteria and are expected to attend a minimum of 4-6 practices per week of the 6 offered, in order to ensure they attain the goals of this stage (see below).

***This stage involves a genuine interest and commitment to competitive swimming success from both parents and their swimmer(s).

Minimum Criteria:

Swimmer should be able to complete the following practice sets:

6x100 Free @ 1:30

6x100 IM @ 2:00

4x100 Kick @ 2:00

Meet performance standards: Perform at the 'red' time level for age.

Senior 2 Goals & Expectations:

This stage is heavily dedicated to establishing strong technical foundations in all 4 strokes and a competitive mindset for the long run, including:

- Flexibility/range of motion, & core stability
- Technical proficiency in all 4 strokes
- Energy Management/Awareness (Aerobic & Anaerobic Development, Pacing)
- Racing Preparation & Strategy
- 1 Swim Meet per month offered and encouraged
- Sportsmanship/Team Dedication
- Goal Setting
- FUN!!!

Practices Per Week:

- Available: 6
- Expected weekly attendance: 4-6 workouts/week

Training Location(s) & Schedule:

- Woodbridge High School 6:30-7:50pm (Monday thru Friday)
- Woodbridge High School 7:50-9:30am (Saturday)

Required Equipment

- AZOT Team Swimsuit, Cap & Shirt for meets
- Goggles (Extra pair of goggles, and cap recommended)
- Kickboard
- Pullbuoy & Paddles (Strokemaster paddles)
- Fins (Zoomers preferred)
- Water bottle

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

Requirements for transitioning from the Senior 2 group to the Senior 3 group:

Age: 12 & Older

Attendance: 7 practices offered, 6-7 practices per week expected

Competition performance: June Age Group time level for age

Practice performance: 8x100 freestyle @ 1:20, 6x200 IM @ 3:00, 6x100 kick @ 1:50