



## Aquazot Senior 3 Group Information

Please visit [Aquazot.org](http://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: 13 & Older

#### Description

The Senior 3 group is designed for the Junior Olympic level swimmer to reach an advanced level in the sport of swimming. The swimmers have JO times and are training to achieve Sectional times. They will also be encouraged to start focusing on competing at higher level meets such as Junior Nationals, CIF, other SCS Senior meets.

Senior 3 level swimmers have met the minimum group criteria and are expected to attend 6-7 practices of the 7 practices offered per week (85% minimum) in order to maximize their abilities and to ensure they attain the goals of this stage.

\*\* This stage involves a higher level of dedication and motivation to advancing to the next level of competitive swimming. \*\*

#### Minimum Criteria

The Senior 3 group is designed for swimmers who have achieved the June Age Group times level for their age group.

#### Senior Goals and Expectations

This group is still heavily dedicated to practicing and reinforcing correct stroke mechanics and technique while developing and maintaining a strong anaerobic and aerobic base.

- Flexibility/range of motion, core stability
- Technical proficiency in all 4 strokes
- Energy management/awareness (aerobic and anaerobic development, pace, sprint)
- Race preparation and strategy
- Sportsmanship/team dedication
- Goal setting
- FUN

## Practices per week

Available: 7

Dryland Sessions: 2-3

Minimum attendance expected: 6-7

## Necessary Equipment:

- AZOT team swim suit, cap and t-shirt for meets
- Swim cap and Goggles (extra recommended)
- Kickboard
- Pull buoy
- 2x pairs of hand paddles (1x larger size, 1x smaller size)
- Fins (zoomers recommended)
- Snorkel
- Water bottle

\*\* mesh bag recommended to keep equipment in \*\*

## Practice Locations and Times

Woodbridge High School

- Monday/Wednesday: 6:10 – 8:30pm (including dryland)
- Tuesday/Thursday/Friday: 6:40 – 8:30pm
- Saturday: 7:50-9:40am, 1:50-4:00pm

\*\* Practice times and/or locations subject to change \*\*