



## Aquazot Senior 4 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 4 group is designed for the to allow advanced, committed swimming athletes to achieve the highest level of competitive swimming possible. The swimmers have SCS Senior level times and are practicing to achieve Sectional, Junior National, National, and International qualifications.

Senior 4 level swimmers have met the minimum group criteria of the SCS Senior time level, and are expected to make all scheduled practice in order to maximize their abilities and to ensure they attain their goals.

\*\* This stage involves the highest level of dedication and motivation to achieve the highest level National and International competitive swimming goals. \*\*

### Minimum Criteria

The Senior 4 group is designed for swimmers who have achieved the SCS Senior time level and are physically ready and mentally prepared to fully commit to all scheduled practice sessions.

### Senior Goals and Expectations

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

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