



High Performance



High Performance is our top training group. Swimmers must reach qualification times and commitment standards to obtain membership in this group. HP will train with Senior Team but may have other opportunities to train individually or as a small group.

Required Equipment:

- Goggles
- Swimsuit
- Cap
- Kickboard
- Pull buoy
- Paddles
- Snorkel
- Fins
- Tempo Trainer
- Drag Socks

NORMAL PRACTICE SCHEDULE 8/16/21 – 12/17/21					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:45 – 8:00AM		6:45 – 8:00AM		6:45 – 10:00AM
4:45 – 7:00PM	4:45 – 7:00PM	4:45 – 7:00PM	4:45 – 7:00PM	4:45 – 7:00PM	

* Schedules are subject to change based on pool availability. Please consult the team calendar and weekly newsletter for the most up-to-date schedule.

Group Goal:

High Performance swimmers are committed to continuing their swimming and academic career at the college level. They are dedicated to training as a lifestyle and have committed to swimming as a top priority.

Practice Expectations:

HP Athletes should arrive early and be ready to lead in all dryland and swim activities. They are committed to be great examples of the Shark Standards. They will arrive at practice prepared to work/compete mentally, physically, and emotionally. They make every effort to prioritize swimming when scheduling other obligations. They are expected to attend every workout as assigned.

Required Meets:

- Round Rock (10/24/21 – 10/26/21)
- LAC Fall Classic (11/5/21 – 11/7/21)
- Belton Fall Classic (11/12/21 – 11/14/21)
- Southern Senior Champs (12/3 – 12/5)
- Arena Southern Slam (1/7/22 – 1/9/22)
- COPS Speedo GSW (1/27/22 – 1/30/22)
- LSC/USA Championship Meets (TBA)