



Senior



Senior Team consist of all swimmers who are in the second semester of 8th grade or above. Within our Senior Team there are a wide variety of training groups with different emphasis and goals. This is a highly competitive group and a large commitment from the athletes.

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 – 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:

Senior Team is a high-end training group. Members of this group should be serious about their commitment to swimming and their individual improvement within the sport. Senior Team is not a fitness group. While we fully support healthy living and see swimming as a life-long sport, this group is reserved for individuals committed to competing at a local, state, regional, and national level.

Practice Expectations:

Senior Athletes should arrive on time and should attend a minimum of 5 workouts a week. If the athlete is participating in the club flex plan with their high school, the requirements differ slightly.

Required Meets:

- Round Rock (10/24/21 – 10/26/21)
- Belton Fall Classic (11/12/21 – 11/14/21)
- Arena Southern Slam (1/7/22 – 1/9/22)
- LSC Championship Meets (TBA)