Senior Prep Group

The Senior Prep Group is swimmers ages 11 – 14 years old, and not yet in high school that have demonstrated the desire and ability to take their swimming to the highest level. The goal of this group is to maximize their competitive potential while maintaining focus on proper technique. We encourage swimmers in the group to take responsibility for their own personal success while encouraging teammates to do the same. Dry land training is implemented daily focusing on strengthening core muscles, increasing coordination and flexibility, and preventing injury for sustained growth. The Senior Prep group is goal oriented with the desire to compete at qualifying-time only championship meets.

Practice:

Senior Prep workouts are offered up to 6 days a week: Monday - Saturday for 1.5-2 hours including dry land during the school year. Swimmers in the group must attend a minimum of 70% of all practices.

Meets:

Swim meets are an important part of training. The recommended meet schedule is posted on the SPA website under the “Meets” tab and are typically once or twice a month. Each Senior Prep swimmer is expected to attend as many of the recommended meets as possible, and the highest level championship meet for which they qualify.

Group Expectations:

To enter Senior Prep Program you must:

- Be at least 11 years old and not yet in high school
- Complete 6 x 100 Free on 1:30
- Complete 6 x 75 kick on 1:10
- Receive coach approval based on an evaluation of practice effort, attendance, and meet results

Training Equipment – Required

- Mesh Equipment Bag
- Goggles (2 pairs)
- Pull Buoy
- Kick Board
- Ylon Snorkel
- Green Strokemaker Paddles
- Fins
- Practice suit – no board shorts or two-piece suits

Competition Apparel – Required

- SPA Racing Suit
- SPA Swim Cap
- SPA T-shirt and/or SPA warm ups

Practice Schedule

SC 2017-18

Monday/ Wednesday/ Friday: 6:00-8:00 PM at Club Sienna
Tuesday: 5:00 to 7:00 PM at Club Sienna
Wednesday: 6:00 to 7:30 AM at Brushy Lakes
Thursday: 5:00-7:00 PM at Brushy Lakes
Saturday: 8:30 to 10:30 AM at Club Sienna

($175 per month)