

## SENIOR DEVELOPMENT

(Ages 13 – 18 years)

Coach Kelsey Burton  
kburton@rcps.us

This group will focus on continued development of proper stroke technique and efficient swimming. Swimmers will also improve endurance through swimming sets. This is an ideal group for high school swimmers looking to improve their technique or prepare for high school season, or high school swimmers looking to continue their swimming after high school ends.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	7-8PM	7-8PM	7-8PM	7-8PM	Off	Off

Practice Requirements: 4 days per week.

Equipment Requirements: Kickboard, Fins

## AGE GROUP DEVELOPMENT

(9 – 13 years)

Coach Kelsey Burton  
kburton@rcps.us

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	7-8PM	7-8PM	7-8PM	7-8PM	Off	Off

Practice Requirements: 4 days per week.

Equipment Requirements: Kickboard, Fins

## BLUE DEVELOPMENT

(6 – 9 years)

Coach Jake Bridges

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9-10AM
PM		3:30-4:30PM		3:30-4:30PM		

Practice Requirements: 3 days per week

Equipment Requirements: Kickboard, Fins