Senior

The Senior Group is the 5th progression of our Age Group Team. The Senior group is for swimmers ages 13-18. These swimmers demonstrate a strong commitment to the sport of swimming. Senior level athletes are expected to set high goals for themselves now and in the future. The program includes in-pool practices, dry-land exercises, stroke analysis, and preparation for competition.

Goals of the senior group are to advance all member’s skills in strength, aerobic capacity, athleticism, goal setting, and race strategy. The program is designed to have a place for those swimmers that compete at the local level and those that aspire to reach the national level of the sport.

Practices are determined by the head coach. Typically 9-11 practices are offered per week in both the morning and evenings.