

JUNIOR (Coach– Todd Stevens)

The Junior squad is the third Senior training group for 13 and overs. This squad is designed to offer an opportunity for 13 and over swimmers to continue their involvement with the Wahoos. This squad will train 5 days per week and will be run by the Junior coach. A comprehensive dryland program will be run twice a week by our certified Y personal trainers in our new state of the art fitness facility. This group may be a transition group for some swimmers to our Senior group. Training in this group will mirror the type of training being offered to our Senior training squad. Thus, each swimmer will need to be proficient in all four competitive strokes. Swimmers who qualify will attend all the same meets as the Senior Squad. This group may be ideal for high school swimmers who play additional sports or may have difficulty making a year-round commitment. The Junior squad may hold up to 30 swimmers from 13-18.

- Swimmers in this group must understand and demonstrate the YMCA's 4 Core Character values of CARING – RESPECT – HONESTY-RESPONSIBILITY