

## **NATIONAL (Head Coach Joe Bonk / Assistant Todd Stevens)**

The National Training Group is designed for those looking to maximize their swimming potential through a committed and detail-oriented training regime. The group is organized in a way that will promote a competitive team-first environment that sets a standard of excellence for the Wahoo Program. Goals of this group are to excel at the highest levels of YMCA and USA Swimming. Dryland will be utilized as a pivotal part of this group's success, being just as important as training done in the pool. Dependent on the stage of the season there will be 6-8 practices per week. Attendance to all practices would be expected and will be defined upon the signing of a personalized National team commitment agreement by both the swimmer and parent. These agreements will be in the best interest of the swimmer and their individual progression. A minimum of 85% attendance is required for all those who sign this agreement. Strong mental fortitude and the willingness to elevate to new heights of training and expectations is the biggest pre-requisite of this group. All these criteria will be closely monitored and evaluated at the end of each season.

- Swimmers in this group will show leadership and positivity through the demonstration of the YMCA's 4 Core Character values of CARING- RESPECT- HONESTY- RESPONSIBILITY