

SENIOR (Coaches- Todd Stevens / Joe Bonk)

The Senior training group is our middle training group for 13 and overs and will have 6 regular practices a week. A comprehensive dryland program will be run by our Ys certified personal trainers in our new fitness facility twice a week. Training emphasis will be aerobic in nature. However, there will be an increasing amount of specificity as the swimmers mature in this group. The expectations of the training group are a minimum of 4-5 practices per week and a year-round commitment to competition in order to experience consistent improvement. Top members of this group may be able to bridge or advance to the National team when the coaches feel it is warranted.

Prerequisites- Swimmer must be 13-18 years of age to train in this group. Swimmers must attend practices regularly to attend meets.

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