

## **Junior Team**

This group is ideal for younger swimmers (11-12 years of age) who have extensive competitive swimming experience but are not yet ready for the intensity of the senior team or for the swimmer who started swimming competitively at an older age (13-14 years of age) and are more advanced than the age group swimmers but not yet ready for the senior team. The junior team is designed for swimmers ages 11-14, however, ability not age will be the primary factor when placing swimmers in the appropriate group and who are proficient in all four competitive strokes, butterfly, backstroke, breaststroke, and freestyle as well as legal execution of all competitive turns. Swimmers in this group should be able to swim a legal 50 butterfly, 100 backstroke, 50 breaststroke, 100 freestyle, and 100 IM. Swimmers in this group will begin their season working alongside the Age Group Team swimmers focusing on technique and skill development, as the season progresses this group will transition to more introductory training sets working alongside the Senior Team for a small portion of their workout. This approach will help these swimmers, mentally and physically, make their future transition to the Senior Team more efficient.