

## **Senior Team**

Swimmers 13 years of age and older, that have graduated from the Age Group program or have had some previous experience in competitive swimming. Senior team meets 5-9 times a week for scheduled practices. Swimmers should discuss with the coaches the number of practices recommended for them. The emphasis at the Senior level is on quality of training and development through advanced competitive technique lessons. We specialize our training using aerobic endurance, aerobic power, sprint and lactate tolerance training methods, while increasing development of stroke technique and skills. The ultimate GOAL at the Senior level is PERFORMANCE MAXIMIZATION.

The Senior Team is divided into as many as five different development groups, as described below. These groups will be determined by the Senior Team coaching staff. The swimmer's age, future development, best events and swimming mechanics will all play a part in determining what group will be best for that individual. These groups are split up by training distances that will best suit the development of a particular swimmer. These groups will be determined by the fourth week of any season. All of these groups spend equal time on advanced competitive technique lessons which include all four strokes, competitive starts and turns and mental training lessons.

### **Ultimate Distance**

A swimmer that is primarily training for distance swimming. Must have a minimum 90% attendance to be a part of this group. Swimmers can only be invited and approved by the coaching staff to be a part of this training group. Invitations are given to swimmers that have shown potential in distance swimming and the attitude to handle distance training.

### **Distance**

A swimmer that primarily trains for the 1650/1500 and 1000/800 freestyle events. Their secondary events would be any event between the distances of 200 and 500 yards. Also, all 13-14 year old swimmers that possess good swimming mechanics, with the emphasis on their future development.

### **Middle Distance**

The primary events are anything between 200 and 500 yards. The secondary events they are training for are any stroke between 50 and 100 yards/meters.

### **Sprint**

Only a primary distance for events between 50 and 100 yards/meters. This group will include all swimmers whose first priority is to develop their swimming mechanics.

### **Technique**

The focus of this group is improvement of stroke technique, learning and perfecting BAC drills, and understanding the training process. This group will split their practices 50/50 between training and stroke mechanics.

Movement between training groups within the Senior Team is determined by the coaching staff and swimmer jointly, with the coaching staff making the final decision.