

SENIOR PREP

This group is for 11 & up swimmers, and will focus on increasing endurance and improving technique in all 4 competitive strokes and turns. They will gradually increase aerobic and anaerobic training to prepare for the senior level. Swimmers will be taught how to warm themselves up correctly at this level. It is recommended that swimmers attend as many of the practices offered as possible. Swimmers will participate in complex practice sets and participate in more specialized training. Dryland will include flexibility, strength and aerobic activities.

1. Be able to complete 800 yards of continuous correct Freestyle.
2. Be able to complete 100 & 200 yards of IM, and each Stroke with correct race strategy and technique.
3. Be able to complete sets of 25-300 yard repeats (total yards are 500-2000yds) of correct technique in each stroke.
4. Be able to perform Test Sets.
5. Participate in speed work at the beginning of practice to develop speed and at the end of practice to develop race specific endurance.
6. Able to use pace and stroke counts in sets.
7. Participate in dryland training.
8. Bring equipment to practice (mesh bag, fins, cap (if wearing one), Paddles, extra goggles, and proper dryland clothes).
9. Participate in coach/athlete goal setting meetings.
10. Keep a log book of competition and training.
11. Demonstrate a positive attitude toward Competitive Swimming.
12. Be able to complete 10 x 100 FR on 1:30.
13. Be able to complete 6 x 100 Primary Stroke and Second stroke on an appropriate interval.
14. Be able to complete 8 x 100 Kick on 2:00.
15. Possess and Demonstrate, regularly, the self-discipline necessary to commit to the senior group before joining it.
16. Attend at least 4 dual meets and 2 Invitationals.