

SENIOR

This group has a focus to National Level Competition. Swimmers must be 13 or over to join this group. They will continue to improve/work on stroke technique as well as focus on specialized training (i.e. Sprint, Middle Distance, or Distance). Swimmers are expected to have the ability to warm up and cool down independently at practices and meets. They will be challenged aerobically and anaerobically on a regular basis. Swimmers must have completed at least one season in the Senior Prep group to advance to this level. Dryland training will increase in length and is an essential part of this groups' program; some swimmers will also be asked to lift weights. Swimmers are required to attend a minimum of 50% of the offered practices to remain in the group. Swimmers must attend at least 4 dual meets, 2 Invitational, and at least 6 sessions of USAS sanctioned or approved meets.

1. Focus on 400 IM training.
2. Additional test sets integrated into program.
3. Female swimmers work on negative splitting swims of 200 yards and longer.
4. Male swimmers work on even splitting same swims.
5. Swimmers can do equal amounts of pull and kick.
6. Participate in coach/athlete goal setting.
7. Log book is now detailed to include recovery plans, strength and flexibility training and time management.

NATIONAL TEAM- Swimmers must achieve a National qualifying standard, and attend a minimum of 75% of the practices offered to be allowed to compete at YMCA Short and Long Course Championships.

USAS Swimmers- Swimmers that choose to join USA Swimming must register with USAS as a member of CATY. These swimmers will compete in meets outside of YMCA swimming. CATY attends multiple levels of USAS meets throughout the Short and Long Course Seasons. Swimmers must compete in at least 6 USAS meets (3 Short Course and 3 Long Course.)