

Training to Compete: Optimizing the Engine!

National Division

13+ years of age

Focus

National practice is offered at least seven times per week on average. Additional practices may be added at coach's discretion. Additional practices do count towards attendance requirements.

The National program is designed with the intention of providing the curriculum and atmosphere necessary for success at all levels of national and international competition.

THIS IS A FAMILY COMMITMENT.

Requirements for National Group

- 🏊 96% attendance
 - The Coach retains discretion of accepting absences which do not count against the attendance figure
- 🏊 Actions and attitudes match goal of National group
- 🏊 Attend all competitions recommended by National coach
- 🏊 Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- 🏊 Active in club fundraising or clinics offered for younger club members
- 🏊 Must live lifestyle appropriate for achieving greatest personal success
 1. Nutrition
 2. No drugs, tobacco products
- 🏊 The athlete must display a history of the above requirements BEFORE being allowed into the National group
- 🏊 Ability to train at or above a level appropriate for current experience and speed
- 🏊 Willingness to perform every event (every distance) prescribed by National coach
- 🏊 Must be actively committed to achieving Sectional, US Open, or National standards
- 🏊 Ultimately, National coach has final say in group appointments

National swimmers will compete in a meet schedule determined by the group coach.

Goals and Expectations of the National Group

- 🏊 National Swimmers are expected to do everything within their power to reach their personal potential