

## Senior

This program is intended to provide both a stepping stone for athletes intending to be successful in the National program and also provide a demanding and comprehensive training program for those athletes who cannot meet the attendance and/or training requirement of the National program.

At this point in a swimmer's development a higher level of accountability is necessary in order to continue and develop.






Practices are offered 6 days a week; in some cases the coaching staff will require athletes to participate in morning practices when appropriate.

Senior swimmers are expected to attend 90% of workouts and communicate with the Senior coach about their training schedule.



~2 hours practice duration; will consist of both dryland and swimming workouts.

Swimmers entering the Senior program must be able to complete four of the following:

-  10x100@ 1:20
-  8x50@ 50 kick
-  Swim under 1:00 in 100yd freestyle for girls/ :58 for boys
-  A/ AA Times
-  30 pushups in 1:00

Seniors swimmers are expected to participate in the following meets:

-  October 9-10 Invitational
-  October 23-24 ABC Open
-  October Intrasquad
-  November Invitational
-  December 4-5 BC Open or December 11-12 A Meet (if qualifying standards are met)
-  December Intrasquad
-  January 14-16 B+ Meet (if qualifying standards are met) or January Invitational
-  January 29-30 ABC Open
-  February 4-6 Schroeder A Meet (if qualifying standards are met)
-  February 19-20 Invitational
-  ABC Finals (if qualifying standards are met)
-  State Championships (if qualifying standards are met)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	26	30	1	2
	3	4	5	6	7	8	9
Oct. 2010	10	11	12	13	14	15	16
	Invitational						Invitational
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	ABC Open						ABC Open
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Nov. 2010	Invitational						Invitational
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
							B/C Meet
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
Dec. 2010	A Meet						
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
						B+ Meet	B+ Meet
Jan. 2011	16	17	18	19	20	21	22
	B+ Meet						
	23	24	25	26	27	28	29
							ABC Open
	30	31	1	2	3	4	5
	ABC Open					Schroeder A	Schroeder A
	6	7	8	9	10	11	12
	Schroeder						
Feb. 2011	13	14	15	16	17	18	19
	Invitational						Invitational
	20	21	22	23	24	25	26
	Invitational						12u C Finals
	27	28	1	2	3	4	5
	12u C Finals					AB/C Finals	AB/C Finals
	6	7	8	9	10	11	12
	AB/C Finals					12u State	12u State
	13	14	15	16	17	18	19
	12u State						
Mar. 2011	20	21	22	23	24	25	26
	13+0 State				13+0 State	13+0 State	13+0 State
	27	28	29	30	31	1	2



Please speak with your coach if you are interested in additional opportunities to compete.

### Goals and Expectations of the Senior Group

- ④ Prepare athletes for both competency at a US Open, Sectional, State level, and for movement into National training group (if so desired)
- ④ To consistently improve commitment level and training/racing ability from season to season
- ④ Continue becoming more fluid in the water
- ④ Actively improve distance per stroke
- ④ Learn and apply leadership skills
- ④ Attendance should improve, not decline as the athlete matures
- ④ Training attitudes should be more productive and supportive as the athlete gets older
- ④ Athletes must conduct themselves in a manner appropriate to actions needed to promote and support the goals of the team
- ④ Attend all meets prescribed by coaching staff unless Senior coach agrees to absence
- ④ Display ability to train appropriately for the athlete's experience and stated goals
- ④ Parental involvement in "wet side" decreases but increases on "dry side" during tenure

### Other areas of swimmer Accountability

- ④ Swimmer learns to accept the responsibility for his/her performance
- ④ Swimmer learns coping strategies to deal with peer pressure
- ④ Swimmer learns coping strategies to deal with parent pressure
- ④ Swimmer understands and performs personal race strategies
- ④ Swimmer demonstrates an ability to balance school, social, church, swimming, and family
- ④ Swimmer can effectively communicate her/his commitment to her/his parent, coach, and teammates
- ④ Swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals
- ④ Swimmer understands the relationship between his/her personal commitment level and results