

3.13 COMPETITIVE SENIOR DEVELOPMENT GROUP

Stage of Development: Active for Life (Competitive for Life)

Age: Female 13+ / Male 14+

The Competitive Senior Development Group at RHAC is designed for athletes who are of National Group age but have varying goals and levels of commitment. This group provides a flexible and supportive environment for swimmers who are dedicated to staying competitive while balancing other interests and commitments. The Senior Development Group is tailored to meet the diverse needs of its members, offering a program that supports ongoing development and enjoyment of the sport.

The Senior Development Group emphasizes maintaining a strong technical foundation while allowing for individual goals and circumstances. Training sessions focus on refining technique, building endurance, and promoting a healthy, active lifestyle. The program encourages swimmers to continue setting personal goals, whether they are related to competition or personal fitness. While the training intensity may be slightly lower than the Senior Group, the commitment to excellence remains. Athletes are encouraged to participate in competitions that align with their personal goals and to stay actively engaged in the RHAC community.

As members of this group, athletes are expected to be role models for younger swimmers, demonstrating a commitment to the sport, discipline, and a positive attitude.

Given the diverse nature of the group, the program offers flexibility in terms of training schedules and competition participation. This allows athletes to balance their swimming with other commitments, ensuring that they can continue to enjoy the sport without undue pressure.

Criteria for Entry into Senior Development :

Aspire to Train and Compete at Higher Levels: Swimmers who are interested in continuing to train and compete but have not yet met the Senior Group standards. This program offers them the opportunity to develop their skills further, with the potential to progress to the Senior Group if desired.

Multi-Sport Athletes: Swimmers who are balancing their swimming training with other sports. The program is designed to be flexible, allowing these athletes to maintain a high level of swimming performance while pursuing excellence in other sports.

Former National Group Athletes: Swimmers who have previously competed at the National Group level and wish to continue swimming competitively, but not at the highest intensity within RHAC. This option allows them to stay engaged with the sport they love while managing other life priorities.