

3.9 COMPETITIVE SENIOR GROUP

Age: Female 13+ / Male 13+

Stage of Development: Train to Train (Conscious Incompetence)

The Competitive Senior Group at RHAC is tailored for athletes who are progressing beyond the Junior Group and are ready to focus on refining their technique while building the endurance necessary for higher levels of competition. Positioned parallel to the Performance Group, the Senior Group emphasizes a strong technical foundation, ensuring that swimmers are mastering the finer points of stroke mechanics, starts, turns, and finishes as they prepare for more advanced competitive environments.

In this group, the focus is on perfecting technique across all four strokes, while still gradually increasing training volume and intensity. Swimmers are encouraged to be diligent in their practice habits, with an understanding that consistent attention to detail in technique will enhance their performance in the long term. While the group is rigorous, the emphasis remains slightly more on technical refinement than on pure performance outcomes.

Coaches in the Senior Group work closely with athletes to develop a competitive mindset, focusing on goal setting, personal accountability, and the mental aspects of training and competition. Swimmers are expected to actively engage in their development, taking ownership of their progress and striving for excellence in both practice and competition.

The structured environment of the Senior Group is designed to prepare athletes for potential progression into the Performance Group or to excel within their current competitive levels.

Consistent practice attendance and participation in required meets are key expectations, as these are crucial for continuous improvement and success.

Specific Points of Performance for Entry into Senior:

Demonstrated performance across all four strokes in the 200m distance. Additionally 800m Freestyle, and 400m IM.

Championship qualification, Central Region B Championships.

Maintain a minimum of 85% attendance (The coach retains discretion to approve absences that do not count against the attendance figure for exceptional circumstances).