



Team Pride – Integrity – Dedication - Leadership

---

### **Senior Performance Group – Performance Stream**

The SWAT Senior Performance Group is the final stage of our Performance Stream. Swimmers at this level have 100% committed to the sport of swimming and are performing on the National Stage. Swimmers will be exposed to elite level training and coaches and be provided with the skills and tools to be contenders on the national scene. This practice group is structured with increased water and land training to create top level athletes. Athletes in the Senior Performance Group are expected to intrinsically model our four team values “Team Pride”, “Integrity”, “Dedication” and “Leadership” as they are the foremost leaders of our team.

#### Quick Facts

Target Age: 14&O Swimmers

Commitment: 8x per week (both pool and land training)

SWAT Values: Leadership, Dedication, Integrity, Team Pride

SWAT Theme: Commit to Whatever It Takes, Be Your Best Everyday

Pre-Assessment: SNC Eastern Canadian qualified or above.

Swim Meets: This group attends Age Group &/or National Level Meets.

*\*\*Coach Discretion or Nationally Qualified Athletes*