



Team Pride – Integrity – Dedication - Leadership

---

### **Senior 1 Group – Performance Stream**

The SWAT Senior 1 Group is the first stage of our Performance Stream, which is the “Train to Train” stage of our team. Geared toward advanced athletes who have shown the desire and commitment to have swimming be their focus sport. Swimmers will be pushed to reach their highest level of swimming potential through intensive training programs. This practice group is structured to allow all swimmers the opportunity to strive to be junior nationally qualified. Swimmers model our first three team values “Team Pride”, “Integrity” and “Dedication” in all they do, both in and out of the pool.

#### Quick Facts

Target Age: 14&O Swimmers

Commitment: 7x per week (both pool and land training)

SWAT Values: Dedication, Integrity, Team Pride

SWAT Theme: Strive to Reach Individual Potential, Train how you want to race.

Pre-Assessment: Swim NS AAA Qualified or above.

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