



VICTORY AQUATICS

Roster Group Definitions – Senior Development

Senior Development

These athletes are now seriously committed to the team. They are dedicated to training, have attendance goals, and attend more than 70-80+% of the swim meets they are qualified for. They demonstrate a level of maturity, ability to follow directions, and are not disruptive to team practice.

Focus is on technique corrections, endurance, speed, and pacing. We usually see a significant level of time drops as the focus is now on **technique with speed.**

Goal setting is introduced. These swimmers are responsible for setting time goals, both short term and season, and tracking performance against these goals.

Injury Prevention and Management instruction is introduced.

Coaching at this level is essential to finding and developing those swimmers with the potential to become our 'elite' level swimmers.

Group Requirements:

These athletes are now seriously committed to the team and have attained BB times, and/or A times, and/or SCS Championship cuts in 4 stroke events plus an IM event. They are also required to qualify at least one B time in one or more distance events (200 Back, 200 Breast, 200 Fly, 400 IM, 400 meters/500 yards or higher Freestyle).

Must be able to perform the sets consistent with the training requirements of this performance driven level.

Must participate in the dryland training with specific attention to proper technique. Our goal is building core strength while preventing injury.

Must compete in 70-80% of the swim meets during the season.

Must meet 95-100% attendance each month. Note: One or two excused absences per month may be given at coaches' discretion. Should a swimmer need to limit swimming due to injury, practice sets will be modified to accommodate these swimmers. If a swimmer needs to be excused for more than 3 consecutive training sessions due to illness or injury their spot in the group will be reserved. A doctor's clearance is required to resume practice at this level.

Training:

Duration: 1 hour 30 minutes water + 30 minutes dryland – 5 days a week and 2 hours on non-meet Saturdays.

Time: 5-30 pm – 7:30 pm

Equipment Requirement

- ✓ Practice Cap (Silicone recommended for long hair)
- ✓ Victory Team Cap for all swim meets
- ✓ Goggles
- ✓ Kickboard
- ✓ Pull Buoy
- ✓ TYR Hydroblade Fins
- ✓ Paddles (preferred by Fins*)
- ✓ Snorkel
- ✓ Yoga Mat
- ✓ Foam Roller



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- ✓ Water bottle
- ✓ (Optional) Wet bag to hold the equipment

NOTE ON SPEED: Swimmers who get fast with poor technique will hit a plateau and never get fast enough to reach the Senior levels. To get faster they must 'unlearn' poor technique and focus on technique improvements. They will get slower and this can have a negative psychological impact on high performance swimmers. Our focus is on technique before speed.