

# CUDA Senior 1

Senior 1 swimmers are knowledgeable of the four competitive strokes and have an intermediate grasp on aerobic training. A senior group swimmer ranges from athletes who are trying to get in shape for high school season to swimmers working to be placed in Senior 2 Group or Gold group. Front Range Barracudas offers 6 practices a week for Senior group. It is encouraged that swimmers in this group commit to consistently making at least 3 workouts per week.

**Practices-** 6 pool practices a week for 1.5 hours.

**Meets-** Participation in monthly USA-sanctioned swim meets is expected. Championship meets for this group include Northern Colorado Championships and State.

**Age-** The age range for Senior group swimmers is 13-18 years old.

**Minimum requirements-** Senior group swimmers should be able to complete the following sets and meet the standards set forth in the CUDA group promotion philosophy.

10 x 100 Free @ 1:45

8 x100 IM @ 2:00

**Group Size-** Senior group ranges in size from 20-28 athletes per practice.

**Equipment:** used to promote proper technique in different areas. Your coach will communicate which days equipment will be needed. The following pieces of equipment are used or introduced in Senior group:

- Water Bottle
- Kickboards
- Fins
- Snorkel
- Paddles
- Practice suit
- Coaches will provide any other equipment used