



This is a highly competitive training group designed to prepare swimmers for state and regional levels of competition. The emphasis will be on increased aerobic conditioning, skill development, and the physical, mental and emotional preparation required for eventual placement in the Gold group. This group will focus on issues such as advanced stroke mechanics, perfecting race strategies, proper nutrition, individual goal setting and developing an understanding of the importance of proper mental preparation. Training will include a specifically designed dry land conditioning program.

PRACTICE GROUP REQUIREMENTS

- Attend a minimum of 6 practices per week
- Be full USA and YMCA Swimming Members
- Meet additional criteria noted below

SWIM MEET REQUIREMENTS

- Regular Meet Attendance at both YMCA and USA Swim Meets
- Be available for all Championship Meets

Benchmarks to enter Black Senior

To be considered for placement into the Black Sr. group, swimmers must first be able to complete the goals of the Black Jr.2 or Blue Sr. Group. In addition, swimmers must be able to complete each of the following training sets and performance criteria:

- 8 x 100 Free on 1:25 (SCY)
- 4 x 300 Free on 4:00 (SCY)
- 6x 200 IM on 3:15 (SCY)
- 8 x 100 Choice Kick on 1:50 (SCY)
- Swimmers must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 200 Butterfly, 200 Backstroke, 200 Breaststroke, 200 Freestyle, 400 Individual Medley, 500 Freestyle.

Equipment Needs (See Equipment Tab on website for more information)

Swimmers in the Black Jr.2 group should have the following equipment:

- Practice - Fins - Short & Long Fins, Snorkel, Paddles, Swim Cap (team), Suit (boys=brief, girls=open back)
- Swim Meets - Team Cap, Team Competition Suit, Technical suit for (designated swim meets)

Role Modeling Behavior

As a member of Black Senior please remember that you are now a role model for younger/novice swimmers on the team that are working hard to become members of this group. Try to set a good example by doing the following:

- At Practice - Be on time for practices and be prepared to get into the water when instructed to. Have your equipment set neatly beside the lane that you are swimming in. Listen to the coach quietly for instruction on swimming sets and/or drills.
- At Swim Meets - Be courteous, polite, and respectful to other swimmers, coaches, officials and volunteers. Be confident. Be humble. Look for swimmers sitting by themselves at meets and try to talk to them. Encourage and cheer for younger/novice swimmers in their races. Strong team culture is an important part of MACR as a member of one of our elite level practice groups, you get to play an important role in helping further develop team culture by creating a respectful, inclusive and welcoming environment for all.