



The emphasis of the Blue Sr. group will be on increasing aerobic capacity through increased kicking and swimming volume and intensity, continuing to enhance stroke mechanics and underwater kicking ability, and mastering concepts related to race strategies, proper nutrition, goal setting, and mental preparation. Skills will be taught with an emphasis on fun and teamwork in order to continue to ensure that all athletes develop a long-term love for the sport.

PRACTICE GROUP REQUIREMENTS

- Attend a minimum of 3 practices per week
- Be an optional USA swimming and full YMCA Swimming Member.
- Meet additional criteria noted below

SWIM MEET REQUIREMENTS

- Regular Meet Attendance at YMCA Swim Meets. USA Swim Meets optional but recommended.
- Be available for all Championship Meets

Benchmarks to enter Blue Senior

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

- 6 x 100 Free on 1:40 (SCY)
- 6 x 100 IM on 2:00 (SCY)
- 8 x 50 Choice Kick on 1:00 (SCY)

Swimmers entering the Blue Sr. group from either the Blue Jr.2 or Black Jr.2 groups must have achieved a legal time in either YMCA or USA Swimming competition in the following events – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle.

New swimmers placed into the Blue Sr. group must achieve a legal time in either YMCA or USA Swimming competition in the following events within 3 months of joining the program – 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Individual Medley, and 500 Freestyle.

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

Swimmers in the White group should have the following equipment:

- Practice – Long Fins, Snorkel, Paddles, Swim Cap (team), Suit (boys=brief or jammer, girls=light drop back or open back)
- Swim Meets – Team Cap, Team Competition Suit, Team T-Shirt

Goals of the Blue Senior group

The primary goal of the Blue Sr. group is to develop a very strong aerobic foundation and to prepare swimmers physically, mentally and emotionally to move into our Black Sr. and Gold group. When swimmers move out of the Blue Sr. group they should be able to complete the following:

- Achieve an Iowa YMCA State Qualifying time standard in at least two different strokes
- Demonstrate the highest possible commitment to practice attendance (4 per week)
- Demonstrate consistency in going at least 10 yards of underwater kick in a streamline body position off of all starts and turns
- Demonstrate a proven ability to listen to coaches, learn and make continuous effort to improve in all areas of technical, training and racing skills. Demonstrate a high level of respect for the coaching staff.
- Demonstrate an ability and willingness to train in all strokes and distances at the highest level possible
- Demonstrate a commitment to the team and behavior outside of the pool that will lead to the highest possible performance
- Demonstrate the YMCA's 4 core values and show willingness to work together as a team in reaching for the highest level of individual and team performance possible