



2023-2024 KING Senior Group Registration Descriptions

Senior Olympic Cycle

Entry Requirements: Having achieved a USAS Futures Time Standard(s) in competition is preferred. If a swimmer has not achieved a Futures Standard, they must have at least achieved a minimum of a Senior Sectional Time Standard(s) and have demonstrated consistent training and competition habits for at least one season in the former National or Sectional Performance group. All swimmers entering this group must have a history of good practice habits plus coaches' recommendation.

Group Expectations: 100% Practice and Meet Attendance including dryland/strength/conditioning sessions plus AM workouts, willing and able to travel to all group focus meets. No participation in High School swimming during the Olympic Training Cycle season(s).

Description: This group will begin a comprehensive 9-10-month training cycle beginning in September 2023 and see the cycle through June/July 2024 with the goal of qualifying as many swimmers as possible for the 2024 Olympic Trials and providing those already qualified with the opportunity to perform at their highest level. Those who fall short of qualifying will still see their cycle through their Championship meets in July 2024 and strive to become the best swimmers they can possibly become during the training cycle.

There will be more weekly double practice expectations, along with additional dryland/weight training sessions. Statistics and data accumulated for the individual swimmers and upper-level KING training groups will be utilized to develop in-depth, individualized, training and "big-meet" preparation. The focus during this training cycle will be to prepare the group to compete at the highest level possible in the Long Course Meters environment and will be traveling to several LCM meets during this period to provide all swimmers as many opportunities as we can to race and qualify for meets in the LCM course.

In short, this is a "going all-in" high performance group with elevated intensity and expectations for the entire group from top to bottom. Commitment to this group should not be taken lightly.

Weekly Practice Time: During the majority of the training cycle, swimmers will average approximately 20-25 hours of in-water practice time per week in addition to 3-6 hours of dry-land/strength training.

Senior National

Entry Requirements: Having achieved a Senior Sectional Time Standard(s) is preferred. If a swimmer has not previously achieved a Senior Sectional Time Standard, they must have at least established a record of qualifying for and competing at Championship and Zone level meets. Must have a history of good practice habits plus coaches' recommendation.

Group Expectations: 90% Practice attendance, attend extra dryland/strength/conditioning sessions plus AM workouts, and be willing and able to attend and travel if necessary to all group "focus meets". No participation in High School swim seasons will be allowed during the 2023-2024 season with the exception of swimmers

who have achieved a Senior Sectional Time Standard who can actively work out a balanced practice schedule with the National Senior Group Coach(es) so the swimmer is not absent from KING practices/meets/activities during the HS Swim season.

Description: The Senior National group is a training group geared towards continuing the competitive development of Sectional/Zone level swimmers on their journey to achieving qualification and success at upper-level National competitions. During the 2023-2024 season, the SCY season will be abbreviated and will end with PNS Champs in December, before starting a LCM training cycle early in late December as it is an Olympic year and most of the group's target Championship meets will be conducted in LCM, including March (2024) Senior Sectionals.

Teaching swimmers who have already experienced a high level of success in this sport on how to continue improve and develop when margins of success become much smaller at the upper levels is the primary objective of this training group. To get faster after you have achieved this level, the going only gets tougher and the work ethic of this group is intended to reflect that reality.

This group will continue to enhance the tenants of KING Swimming- Working hard, building character, and having fun while doing so.

Weekly Practice Time: During the majority of the training cycle, swimmers will average approximately 15-20 hours of in-water practice time per week in addition to 3-4 hours of dry-land/strength training.

Senior Championship

Entry Requirements: Having achieved a Western Senior Zone Time Standard(s) is preferred. If a swimmer has not previously achieved a Senior Zones Time Standard, they must have achieved a minimum of at least one USAS 15-16 Age Group "BB" Motivational Time Standard(s). Must have a history of good practice habits plus coaches' recommendation. Must be High School Age.

Group Expectations: 70% Practice attendance. Participation in High School Swim or Water Polo is permitted, although swimmers must remain registered with KING and work out a schedule with the group's coach(es) so the swimmer can stay present and involved with KING practices, meets, and activities during the High School swim season(s). Swimmers will be expected to attend the groups seasonal focus meets.

Description: The Senior Championship group is a competitive Senior Group geared towards working with and developing talented, experienced swimmers towards their personal swimming goals in a consistent, challenging performance group environment. The primary objective of this group is to provide a competitive senior level training experience that can accommodate a wide range of personal swimming goals. Swimmers will train within the context of larger training cycles focused on high level performance at designated local Championship meets.

This group will provide an opportunity for all swimmers who want to continue to be challenged and progress their competitive swimming careers towards their personal goals.

Weekly Practice Time: During the majority of the training cycle, swimmers will average approximately 12 hours of in-water practice time per week in addition to 3-4 hours of dry-land/strength training.

Senior Varsity

Entry Requirements: Must be 13 years or older and be able to swim 50 yards of all four strokes in a technically proficient manner.

Group Expectations: Must be able to consistently attend practices and be willing to participate in at least one meet per season to track progression.

Description: The Senior Varsity group is a technique-oriented training group with the goal of providing swimmers a “fundamentals of swimming” focused approach to improve their technique and stamina while cultivating a love for the sport of swimming. This group will have the opportunity to work with several outstanding members of the KING coaching staff.

Weekly Practice Time: The Senior Varsity group will practice up to 4 days a week for 1.5 hours per session.