

Senior Prep

Description: This group is the Newburgh Sharks second most competitive group that is designed to provide swimmers more advanced training and a higher level of competitive swimming experience. This group will be held accountable for practice attendance and meet attendance. This group will train to make cuts at the Age Group, Silver, JO, and Zone level.

I. *Pre-requisites-*

- a. Swimmer must have met the Goals of the Junior Group
- b. Swimmer must be able to compete and train at a high level (practice 4-6 times per week)
- c. Swimmers must be able to commit to traveling outside our own LSC

II. *Goals* – the goals of the Senior Prep Group before moving to Senior Group

- a. Swimmer must have mastery of all four competitive strokes
 - b. Demonstrates high skill of starts and turns in all four competitive strokes
 - c. Demonstrate a high level of practice commitment, as well as balancing academics and being accountable for high standards in both
 - d. Demonstrates a commitment to attend all meets assigned by the coach.
 - e. Demonstrates an understanding of goal setting and knowledge how to train-
 - i. i.e. how to take splits during a set, understand how to pace, how to sprint, etc.
 - f. Perfecting race strategies, mental preparation, and understanding proper goal setting.
 - g. Complete 10x100s @ 1:30 Freestyle
 - h. Complete 10x100 IMs @ 1:45
 - i. Complete 500 Freestyle under 7:30
 - j. Complete 10x75 Backstroke @ 1:15
 - k. Swimmer must have met at least two JO cut or achieved five Silver Cuts
- ** The ultimate decision regarding moving from Senior Prep group is left at the Coach's discretion.**

III. *Meet Attendance-*

- a. All Senior Prep Swimmers are required to swim at the Newburgh Sharks meets. Attendance at Championship meets will be based on the swimmer's practice attendance and training dedication.

Senior Group

Description: This group is the Newburgh Sharks most competitive group that is designed to provide swimmers more advanced training and a higher level of competitive swimming experience. This group will be held accountable for practice attendance and meet attendance. This group will train to make cuts at the JO, Senior Metropolitan, Sectional, Junior National, and Senior National levels. There will also be an extensive dryland component to the Senior Group Training.

I. Pre-requisites-

- a. Swimmer must have met the Goals of the Senior Prep Group
- b. Swimmer must have achieved more than one JO cut
- c. Swimmer must be able to compete and train at the highest level- (i.e. double practices, three hour training sessions, etc)
- d. Swimmers must be able to commit to traveling outside our own LSC

II. Goals – the goals of the Senior group

- a. Swimmer must have mastery of all four competitive strokes
- b. Mastery of starts and turns in all four competitive strokes
- c. Demonstrate the highest level of practice commitment, as well as balancing academics and being accountable for high standards in both
- d. Demonstrates a commitment to attend all meets assigned by the coach.
- e. Demonstrates an understanding of goal setting and knowledge how to train-
 - i. i.e. how to take splits during a set, understand how to pace, how to sprint, etc.
- f. Perfecting race strategies, mental preparation, and understanding proper goal setting.
- g. Complete 10x100s Freestyle @ 1:15
- h. Complete 500 Freestyle under 5:45
- i. Complete 10x75 backstroke @ 1:00

III. Meet Attendance-

- a. All Senior Prep Swimmers are required to swim at the Newburgh Sharks meets. Attendance at Championship meets will be based on the swimmer's practice attendance and training dedication.