

Senior Comp Group

Lead Senior Coach: Jacob Ireland

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This is the highest level of training at Humboldt Swim Club. Swimmers in this squad are focused on maximizing their training for the purpose of competing at high level competitions including Western Zones and Senior 2 Championships meets. The Senior Comp group will incorporate strength training, dry land, goal setting, personal accountability as well as emphasis on swimming technique, race strategy, and training to accomplish team and individual goals.

Minimum Requirements:

Age: 13 years old (typical age range of swimmers is 14-18)

Ability: At least **one** Pacific Swimming Senior 2 cut

Training: Attendance at 3 practices a week (10 practices in total, 7 swim and 3 dry land)

Competition: Must compete in at least **1 swim meet** within a training cycle (more details about training cycles later on)

Absences: Communicate properly with Coaching Staff in regards to any conflicts that may prohibit you from attending practice regularly.

Senior Comp Expectations:

Be Respectful. Be Courteous. Be Accountable. Be on Time.

- Show high effort and focus at every practice (minimum of 3 a week).
- Commit to Senior Comp through each training cycle (minimum of 1 competition per cycle).
- Communicate with Coaching Staff about any practice or meet conflicts that may arise.

Value the sport.

Respect the process.

Above all, be honest in your efforts.

Practice Schedule:

- Monday: 4:00- 6:00pm @ ACP
- Tuesday: 6:00- 7:30 am @ ACP/ 5:15- 8:30pm @ The Club (Dry land and swim practice combo)
- Wednesday: 4:00- 6:00pm @ ACP
- Thursday: 6:00- 7:30 am @ ACP/ 5:15- 6:45pm @ The Club (Dry land only)
- Friday: 4:00- 6:00pm @ ACP
- Saturday: 9:00- 10:30am @ The Club (Dry land)/ 11:00- 1:00 am/pm @ ACP (Swim)

2022/2023 Senior Comp Meet Schedule:

- Saturday, September 17th 2022: Shasta-Y 1-Day Meet (All Team) Redding, CA
- Fri- Sun, September 30th- October 2nd 2022: Neptune Swimming Fall Classic (All Team) Santa Rosa, CA
- Sat & Sun, November 19th & 20th 2022: Mendocino Coast Sea Dragons (All Team) Fort Bragg, CA

: End of Training Cycle #1:

- Fri- Sun, December 2nd- 4th 2022: Winter Junior Olympics (All Qualifying) Santa Clara, CA
- Sat & Sun, January 21st & 22nd 2023: TCA Hosted Zone 3 Championships (All Qualifying)
- Sat & Sun, February 4th & 5th 2023: Last Chance Invitational (All Team) Grants Pass, OR
- Sat & Sun, February 18th & 19th 2023: Senior Open P&F Meet (Senior Qualifying) Milpitas, CA
- Sat & Sun, March 18th & 19th 2023: Piranhas Swimming (All Team) Rohnert Park, CA
- Wed- Sat. March 29th- April 1st 2023: Western Zones Senior SCY Championships (All Qualifying) Federal Way, WA

: End of Training Cycle #2:

- Sat & Sun, April 22nd & 23rd 2023: AC Swim Club LCM (All Team) Petaluma, CA
- Sunday, May 7th 2023: Senior 2 Post NCS Walk- On Meet (Senior Meet) TBD
- Saturday, May 13th 2023: Shasta-Y 1-Day Meet (All Team) Redding, CA
- Fri-Sun, June 16th- 18th 2023: Redding AquaDucks (RAD) Trials/Finals (All Team) Redding, CA
- Fri-Sun, July 14th- 16th 2023: Senior 2 P&F (Senior Qualifying) TBD
- Fri-Sun, July 22nd- 24th 2023: Ukiah Dolphins (All Team) Ukiah, CA
- Tues-Sat, July 25th- 29th 2023: Western Zones Senior Championship (All Qualifying) TBD

: End of Training Cycle #3:

Expectations at Practice:

- Honest purposeful committed practice each and everyday. The goal at each and every practice is to better one's self and influence teammates in a positive direction.

Equipment Requirements:

- Swim bag complete with snorkel, paddles, pull buoy, short-blade fins, and FINIS alignment kickboard
- <https://elsmoreswim.com/teams/california/clubs/humboldt-swim-club.html>

Dryland and Weight Room Equipment Requirements:

- Proper running shoes, shorts and t-shirt.