

Senior I Group

Lead Senior Coach: Jacob Ireland

Senior I Coach: Ellie Earle-Rouse

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The Senior I group will serve swimmers either transitioning from Age Group swimming to Senior swimming, or to prepare swimmers for the move-up to Senior Comp. The Senior I group will incorporate strength training, dry land, goal setting, personal accountability, as well as have an emphasis on swimming technique, race strategy, and training to accomplish team and individual goals.

Minimum Requirements:

Age: 13 years old

Training: Display the ability to perform in a fast paced practice environment.

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

Senior I Expectations:

Be Respectful. Be Courteous. Be accountable. Be on Time.

- Maintain strong attendance at practices.
- Swim meet attendance will be strongly encouraged to help the swimmer stay on track with goals set for self and for the group.
- Show high effort and focus at practice.
- Communicate with Coaching Staff about any practice conflicts that may arise.

Move-Ups:

- Once one official Senior II cut is achieved at any swim meet at any point throughout the season, the swimmer can transition to the Senior Comp group at the start of the following new month.

Practice Schedule:

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

2022/2023 Senior I 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
- 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
- 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

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.