

## Senior Division: 15+ Age Group

Senior Division is for our athletes above the age of 15. Athletes in this division have shown commitment to the sport either for their high school or aiming to swim in college. This is the highest performance based group at MAC. Currently, the senior program has one group.

### Senior:

#### Group Requirements

- Age—15 years old or summer after 9<sup>th</sup> Grade school year
- Complete 10 x 100 Free @ 1:20/1:30
- Complete 5 x 200 IM @ 3:00/3:30
- Tight Streamlines
- 5-7 Dolphin Kicks off walls for Fly/Back; 4 Dolphin Kicks off walls for Free
- Able to maintain breathing patterns in Fly/Free
- Attends Championship Meet for season
  - Travel Meet Opportunities
- Practice Attendance: 4x per week (70% per month)

#### Practice Focus

- Concepts of aerobic and anaerobic training
- Ability to change speed while maintaining stroke efficiency
- Maintains proper technique under increased training loads.
- Understands tempo, stroke rate, and stroke count; applies this to race strategies.
- Willing to make technical changes