

## **National Senior Entry Requirement**

As the swimmers who will continue to train for their ultimate goals in competitive swimming, swimmers in this group have fulfilled all the requirements of Senior groups. They have committed year-round or seasonal to swimming and maintaining their fitness and skills during their time off.

This group is looking to take their swimming level from the age group level to a true competitive swimming level, ultimately aiming to be the Future Champ, Junior National, and National qualification times.

### **2. The goals for this group of swimmers**

- High-quality endurance training during the season, base-on time, will be required by the head coach
- Continue developing skills, fitness, and motivation emphasizing all events
- Participate in coach-recommended individual and relay events in meets
- Take responsibility for own actions and swimming results
- Contribute to a positive team and training environment
- Realize actions outside the pool need to reflect goals in the pool
- Communicate constructively with coaches and teammates
- Maintain club responsibilities; volunteering, fund-raising
- Be a team player; maintain a positive attitude, encourage teammates, sit with teammates at swim meets, lead team cheers, and wear team gear at swim meets.

### **3. Group Qualifications**

Multiple US Swimming WZ Spring Speedo Sectional qualifying times are required to stay in this group with a goal of achieving Future or Junior National or higher each season. The deadline for qualifying is the Last chance to swim meet before PNS LC Age Champ meet each season.

US Swimming WZ Spring Speedo Sectional Times Link:

[https://www.teamunify.com/wzone/\\_\\_\\_eventform\\_\\_\\_/1523320\\_f149ac3a-1a48-4d37-bb00-3242e88ddadf.pdf](https://www.teamunify.com/wzone/___eventform___/1523320_f149ac3a-1a48-4d37-bb00-3242e88ddadf.pdf)

#### **4. Attendance requirements**

A swimmer is recommended to attend 100% of workouts and is expected to attend **at least 80%** of workouts on a monthly average (attendance will be recorded). Please discuss missed practices with the coach to promote training continuity. **a swimmer lacking more than 20% attendance for two consecutive months may be put in HSG 2 or Senior next month under the head coach's consideration.**

Any swimmers who qualified for the entry requirement could apply to enter the Senior group from the 2023-2024 season until December 31<sup>st</sup> 2023. It will be approved only at the discretion of the head coach.

#### **5. Benefits of the National Senior group**

- Extra one/two exclusive special training for National Senior swimmers beyond Senior group training time
- Extra one exclusive dryland training for National Senior swimmers based on senior group dryland
- Whole season meet scheduled with customization(exclusive pre-meet training, on-deck coach accompanied all the time during the travel meet): all qualified meet instruction plus Junior Nation Champ in winter, Speedo Sectional Champ in Spring, and the Future Champ in Summer.
- Instructions and on-deck coach accompanied for the potential training camp(National Diversity Selection Camp, National Selection Camp, etc)
- Scholarship for swimmers who qualified for Junior National or higher level sponsored by PDBC(from Coach Xu' Memorial Foundation)
- Brand new swim gear sponsored by PDST
- Brand new PDST LOGO swim sweaters/pants/towels sponsored by PDST