

Senior Group (SG) Entry Requirement

As Elite swimmers, athletes in this group have fulfilled all the requirements of the previous groups. They have made a year-round or seasonal commitment to swimming and a commitment to maintaining fitness and skills during time off.

This group is looking to take their swimming from the age to senior level, ultimately aiming to the sectional, senior sectional, junior national, national level, and beyond.

1. 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.

2. Group Qualifications:

11-13 years old swimmers:

Young swimmers' entrance into this group will be decided solely by the PDST Coaching Group, including the coach(s) for this group. Competitive times, workout ability, and commitment are weighed heavily in determining qualification.

14 & O swimmers:

Multiple National Age Group Motivational Times 13-14 "A" level qualifying times are required to stay in this group to achieve Age group Regional/sectional time standard or higher each season. The deadline for qualifying is the Last chance to swim meet before PNS LC Age Champ meet each season.

National Age Group Motivational Times Link:

<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2024/2021-2024-national-age-group-motivational-times.pdf>

3. Attendance requirements:

A swimmer is recommended to attend 100% of workouts and is expected to attend **at least 75%** on a monthly average (attendance will be recorded). Please discuss missed practices with the coach to promote training continuity. **a swimmer lacking more than 75% attendance for two consecutive months may be put in HSG 2 or Adv2 next month under the head coach's consideration.**

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

4. Other expectations:

- It is understood that any training break before the swimmer's championship meet is not creating the most optimal preparation for competitive goal achievement.
- This group of swimmers will understand the level of trust and relationships conducive to competing in Elite Senior swimming.
- This group of swimmers will accept and give feedback to their coach in a beneficial manner to produce higher-level training.
- This group of swimmers is expected to attend all listed competitions indicated by the group coaches, including all qualified Championship meets.
- It is expected a swimmer will attend additional swimming camps held during team break times.
- It is required that the swimmer is committed to contributing to a positive team and training environment and realizes actions outside the pool must reflect goals in the pool.