



Nation's Capital Swim Club Alexandria

J&M Swim Senior Prep



Senior Prep: Swimmers Age 13-18, assessment required

Frequency & Location:

- Franconia AM -4:30-6:00 AM Monday through Friday
- Franconia PM -6:00-7:30 PM Monday through Thursday
- Saturday- when available swimmers will be notified
- Long Course practices –2x week April-July
- Expected Training days/week 3-5 practices, 9 opportunities each week

Required Equipment:

- * Fins * Kickboard *Pull-Buoy *Stretch Cords/bands
- *Snorkel & Nose Plug *Hand Paddles

Concepts & Areas of Focus

- ❖ Swimmers progress from AG Performance & require a recommendation
- ❖ Swimmers train a minimum of 3 days and maximum of 6 days
- The season is split into three parts; short course seasons in fall and winter and long course season spring and summer

Concepts being taught:

- Distance per stroke
- Stroke count
- Interval training
- Rest interval
- Descending
- Pacing
- Dolphins kicks off walls of 6-8 in tight streamlines

Sets Associated with Group:

- 10 x 50 free on :50
- 16 x 50 medley on 1:00
- 10 x 100 free swim on 1:30
- 8 x 200 on 3:00

Goals & Focus:

- ❖ Swimmers actively participate in their goals and growth in the sport
- ❖ Discussion and accountability on communication, making their planned workouts, nutrition, and short/long term goals.
- ❖ Swimmers are encouraged to work together to make the group stronger and thus the individual outcome stronger.
- ❖ Swimmers should be proactive about training schedules and communicate when they will miss and how they plan on making the practice up.

Fees:	Full Early Bird	8 Payments
Full Payment	Payment	(includes 7% fee)
\$4,275.00	\$4,100.00	\$571.78

- ➔ \$700 non refundable per swimmer
- ➔ Early Bird Discount - \$175 on or before May 31.
- ➔ Sibling discount - \$150 reduction for each additional member participating in our USA swim team programs.
- ➔ Programs are billed based on age as of December 31st, 2024
- ➔ Afternoon practices end Memorial Day 2025
- ➔ For summer morning practice information, contact your coach