

Vacaville Swim Team Senior Group Handbook

Welcome to the Senior Program at Vacaville Swim Team!

This handbook outlines expectations, training goals, meet requirements, and equipment needs for our senior-level athletes. Whether you're preparing for championship meets or building technical foundations, each group supports athletes in becoming confident, competitive swimmers.

Senior 1

(Performance-Based | High School Athletes)

Our highest-level group for high school swimmers focused on long-term, high-performance development and elite-level racing.

Practice Expectations:

- Attend **6 out of 8 practices per week**
- Maintain consistency during breaks and non-meet weekends
- Participate in dryland training when offered

Meet Requirements:

- Minimum **3 swim meets per trimester**

Trimester Months:

- September–December
- January–April
- May–August

Required Equipment:

- Gear bag
- Kickboard
- Fins
- Pull buoy
- Drag Sox
- Tempo Trainer
- Snorkel
- **Paddles**

Apparel:

- Practice: Any suit
- Meets: **Team suit and team cap** (latex or silicone)

Group Focus:

- Championship-level training and racing
- Stroke efficiency under fatigue
- Aerobic and anaerobic development
- College prep and performance tracking

Senior 2

(Performance-Based | Middle School Athletes)

A high-expectation training group for middle school athletes committed to performance and progression toward elite swimming.

Practice Expectations:

- Attend **5 out of 8 practices per week**
- Consistent effort, attention to technique, and coachability

Meet Requirements:

- Minimum **2 swim meets per trimester**
Trimester Months:

- September–December
- January–April
- May–August

Required Equipment:

- Gear bag
- Kickboard
- Fins
- Pull buoy
- Tempo Trainer
- Snorkel
- Paddles
- **Drag Sox**

Apparel:

- Practice: Any suit
- Meets: **Team suit and team cap** (latex or silicone)

Group Focus:

- Technical refinement
 - Endurance and speed development
 - Meet preparation and pacing strategies
 - Progression toward Senior 1 standards
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Senior Prep

(Technique-Focused | Ages 13–18)

A group designed to build stroke technique, training habits, and confidence for athletes newer to the sport or preparing for performance-level groups.

Practice Expectations:

- Attend **4 out of 6 practices per week**
- Emphasize focus, learning, and consistency

Meet Requirements:

- Minimum **1 swim meet per trimester**

Trimester Months:

- September–December
- January–April
- May–August

Required Equipment:

- Gear bag
- Kickboard
- Fins

- Pull buoy

Apparel:

- Practice: Any suit
- Meets: **Team suit and team cap** (latex or silicone)

Group Focus:

- Stroke technique and balance
 - Building aerobic foundation
 - Learning training sets and race concepts
 - Developing readiness for Senior 2 or Senior 1
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Program-Wide Expectations

- Be punctual, prepared, and positive
 - Communicate absences or schedule conflicts with your coach
 - Bring all required equipment to every practice
 - Show sportsmanship at meets and practices
 - Support your teammates and contribute to a positive team culture
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Questions?

Contact us at:

 Headcoach@vacavilleswimclub.com

Let's train with purpose, compete with heart, and grow as a team.
Go Vacaville!