

Pre-Senior Group

Requirements:

- 13 years of age and over
- Achieved at least one or more USA Swimming AA time or better
- Coaches' recommendations
- 11-12 year old swimmers can be advanced to the Pre-Senior group if two or more USA Swimming AAA times or better have been achieved

Test Set Requirement:

- 10X100 free on 1:20
- 5X200 IM on 3:00
- 10X50 kick on :50

Goals:

- Target US Swimming National Age Group Motivation Times standard AA or higher time in multiple events

Expectations:

- Strong commitment to swimming
- Swimming as a single sport is recommended
- Set short term and long term of goals for future performance
- Demonstrate work ethic needed to achieve goals
- Have a coach-swimmer relationship based on mutual trust and respect
- Have strong ability to manage time wisely between school, swim, family, and social activities
- Have a positive attitude and encourage teammates during the practice and meets
- Demonstrated leadership on and off the deck
- Promote a healthy lifestyle with healthy diet and sleep
- Learn mental and competition strategy preparation for higher level performance

Practice Attendance:

- Minimum 5 practice per week

Meet Attendance:

- Minimum of 8 meets per year.
- Attendance at Championship meets is required
- Additional travel meet commitment (If qualified for regional Senior meet and other high level meets)