

Senior Group:

The Senior Group is the highest level training group of Streamliner Aquatics. This group is committed to qualifying and competing at regional Senior meets, Sectional meets, Junior Nationals and USA National competitions. The emphasis is on advanced stroke mechanics, as well as enhanced aerobic capacity, training specifications, stamina training, and racing strategies.

Requirements:

- 13 years of age and above.
- Achieved at least one or more USA Swimming AAA time or better
- Coaches' recommendations
- 11–12 year old swimmers can advanced to the Senior group with an achievement of more than one USA Swimming AAAA time or better

Test set to be in senior group:

- 10X100 free on 1:15
- 5X200 IM on 3:00
- 10X100 kick on 1:40

Goals:

- Focus on physical readiness and mental preparation to be successful for higher level performance
- Focus on qualifying and competing at regional Senior meets, Sectional meets, Junior Nationals and USA National competitions.

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 6 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, Junior Nationals, and USA Nationals)