

HIGH SCHOOL TRAINING GROUP

EAST COAST AQUATIC TEAM



MONTHS

- September, October, March, April, May

GROUP INFORMATION

- **Practice Location:** East Coast Aquatic Center, 5905 Portsmouth Blvd, Portsmouth, VA 23701.
- **Practice Days:** Mon thru Thurs, 8-9:00 pm.

MEMBERSHIP INFORMATION

- Monthly Swim Dues: \$125

Contact Coach Art at Coachart.ECAT@gmail.com to try out the group for a one week trial. Registration is done at www.SwimECAT.com.

GROUP DESCRIPTION

The high school training group was formed to give high school aged swimmers (13 and Up) an opportunity to develop strong technical foundations, great training habits, and race strategies without the Senior level swimmer requirements. This group will practice 1 hour each swim practice with an option of 4 days a week. Come as much or as little as you like but the coach will give recommendations based on the swimmers goals.

COACHES

Coach Eric Henniker and Art Anthony