

H2okie Aquatics – Senior Descriptions

Senior 1 (SR1)

Approximate Age Range: Ages 13-18

Practices Offered: 5 per week

Duration: 1.5 Hours

Attendance:

- No attendance requirement
- Recommended minimum of 2 practices per week

Swim Meets:

- Participation in USA Swimming meets is recommended
- Participation in USA Swimming meets is required for those intending to advance to Senior 2
- Designed as supplemental training for non USA Swimming meets

Requirements to enter Group:

- Be legal in all 4 competitive strokes
- Exhibit some aerobic fitness
- Have some competitive experience

Goals of the Group:

- Supplement other swimming venues such as HS and summer league
- Continue to develop stroke mechanics and aerobic fitness
- Develop other components of training such as dryland and nutrition
- Prepare swimmers for possible advancement to SR2