

Senior 2 (SR2)

Approximate Age Range: Ages 14-18

Practices Offered: 6 per week

Duration: 2 Hours

Attendance:

- Requirement of a minimum 3 practices per week
- Swimmers who intend to advance to SR3 must attend at the minimum requirement of 5 times per week

Swim Meets:

- Some USA Swimming competition is required
- Designed to also supplement other venues such as HS and summer league

Requirements to enter Group:

- Meet requirements of all previous levels
- Proven attendance of practice minimum of 3 per week while in Age Group 3 or Senior 1
- Complete 20 x 100 yards on :10 set rest holding minimum 1:30 per 100

Goals of the Group:

- Offer advanced level training to swimmers who aspire to local, regional or national level competition, who wish to balance participation with other activities
- Preparation for entry into SR3
- Preparation for potential participation in collegiate swimming