



YSBC Barracudas

Senior 2 (Senior Development) Program Overview

Lead • Challenge • Inspire

Official Start

February 1, 2026

Senior Development is referred to as **Senior 2**. The program begins following a preseason training camp.

Purpose

Senior 2 (ages 11–14) provides high-level training for motivated YSBC swimmers and prepares them for senior-level (national-level) training. The endurance, technique, skills, and swimming IQ developed here form the foundation for “training to race” as swimmers progress to 15+ competition.

Group Values

Senior 2 swimmers lead by example, challenge themselves and teammates to improve, and inspire others through attitude and work ethic.

Program Details

- **Monthly fee:** \$190
- **Location:** Everett YMCA Branch

Training Schedule

- **Tuesday & Thursday:** 5:15 dryland, 5:30–6:45 swim
- **Friday:** 4:45 dryland, 5:00–6:15 swim
- **Saturday:** 7:15 dryland, 7:30–8:45 swim

Swimmers are encouraged to swim additionally with their home branch.

How to Participate

Requires a home-branch coach recommendation and minimum standards.

- **Ages 11–12:** 10×50 @ :55 freestyle; 1×100 back kick @ 2:30
- **Ages 13–14:** 10×50 @ :50 freestyle; 1×100 back kick @ 2:15

Attendance Requirements

- **Ages 11–12:** 6+ practices every 2 weeks (5+ with this group)
- **Ages 13–14:** 8+ practices every 2 weeks (5+ with this group)

Why these requirements exist:

- Maintain aligned skill progression
- Preserve the intended training environment
- Maintain lanes allocated for the group; lanes may be reallocated if underutilized.

Occasional family vacations with proactive communication will not count against attendance.

High School Season

Options during the high school season:

1. Join the high school team at the halfway point (as permitted by the HS federation).
2. Continue to train with Senior 2+ times per week throughout the HS season.

Non-participation with the group for the entirety of the HS season will result in removal from the group.