



YSCB Senior Development Group

Lead – Challenge - Inspire

The Senior Development Group exists for 11-14 year olds to provide training for YSCB swimmers who are motivated to perform at a high level in the sport, and to prepare them for Senior level (National level) training in the future. The endurance, technique, skills, and swimming IQ that is accumulated in this group, sets the foundation for “training to race” as they enter the realm of higher-level competition as 15 and older athletes.

These swimmers **LEAD** by example, **CHALLENGE** themselves and their teammates to be better, and **INSPIRE** those around them with their attitude and work ethic. These are not natural skills or traits with the average individual, but they can be developed and nurtured with swimmers who are eager and love the sport.

Official start date: January 2, 2026

Monthly Fee: \$190

Location: Everett YMCA Branch (location/time may vary)

Days/Time: **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 encouraged to swim addition

11-12 yrs make 10x50@:55 Freestyle, 1x100 B

13-14 yrs make 10x50@1:50 Freestyle, 1x100 BK Kick@2:15

18-14 yrs make 10x50@.50 Freestyle, 1x100 BR Kick@2.15

Requirements: 11-12 yrs make 31 practices every 2 weeks (31 with this group)

13-14 yrs make 8+ practices every 2 weeks (5+ with this group)

***Attendance requirements exist to:** 1. Ensure the group learns skills on a similar timeline 2. Be intentional about the purpose of the group 3. Maintain the lanes allocated for the group – if the lanes are not full, the YMCA will use the lanes for other programs. Occasional family vacations with proactive communication will not count against attendance.

Participation During High School Season: Swimmers have 2 options. 1. Join the high school team at the ½ way point (as permitted by the HS federation). 2. Continue to train with the group 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.

Name_____ Swimmer initial_____ Parent initial_____ Parent ph. #_____