

Junior Performance

"Learning to train"

5 workouts per week

This program is designed for the athletes that are beginning to move in the direction of age group development swimming. Young athletes within this group will show signs of motivation, character, sportsmanship and attitude. These qualities are to be shown within the teams expectations of commitment, lifestyle and performance. This group will continue to develop and hone the technical skills, the mental growth, and develop the physical training base. The design being done within a " learning to train" model that will challenge the athletes to learn new technical skills within a training concept.

"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."-Aristotle