

Senior Performance

The emphasis of this group is to prepare the Athlete for Age Group level competition and training. Age Group Elite athletes will begin to learn the process of training. The goal will be to understand, instill and apply the importance of a competitive sport lifestyle. To lead with team spirit and club identity. The athletes will show a high degree of desire, commitment, and accountability. They will continue to pursue and increase their technical, mental, and physical endurance and execution. All the while challenging themselves and their teammates. Swimmers in this group will be a part of a seasonal plan that will support the competitive competition cycles. Athletes within this group understand that the Age Group Performance group means that the swimmer is dedicated to their chosen sport and is willing to begin the process of their individual training journey. Athletes embracing the Age Group Performance program will begin to discover the world of high performance swimming. The coach/swimmer relationship will begin to grow and together we will work towards reaching the swimmer's maximum potential in competitive swimming.