

## Youth Senior

This program is designed for the athletes that are transitioning from Junior performance to Senior Performance swimming. Young athletes within this group will continue to show signs of motivation, character, sportsmanship and a positive attitude. These qualities are to be shown within the team's 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, training to train" model. This will challenge the athletes to learn new technical skills within a; training and performing concept.