



TO: Senior Group Parents and Swimmers

FROM: Coaching Staff

RE: Senior Team Expectation Levels

To help you understand what our expectations will be we have developed these guidelines. We will use these to help us determine what group you will swim in. These are not rules and they can be adjusted to suit your individual needs and goals in swimming. These guidelines will assist us in promotions from group to group and setting the direction in each group.

- 1) Swimming should have higher priority in your life than when you were in the Gold Group.
- 2) You will attend five or more workouts a week. Individual assignments will be made by the coaches. You will make-up missed workouts and attempt to attend morning workouts
- 3) Swimmers will be setting goals to qualify for multiple Junior Olympic times qualify for Senior Mets, and make Sectional times. Set goals at the beginning of the year that the swimmer will work hard to achieve.
- 4) You be a leader in workouts (lead lanes) and in stretching and exercises.
- 5) You will demonstrate good sportsmanship and help younger and other swimmers work harder. You will have a positive attitude about swimming.
- 6) You should be able to make 5 x 200 Free on 2:50 and hold them all under 2:35
- 7) You should be able to make 5 x 200 IM on 3:20 and hold them all under 3:00.
- 8) You will be eager to learn about your potential capabilities by accepting new challenges, events and working towards achieving the challenges set before you.
- 9) You will be in control of the factors that operate your body (sleep, eat).
- 10) You will be able to operate in the proper training environment with little or no direction.