ALL Groups – Placement of swimmers in a particular group is at the Coaches discretion

**GOLD / SENIOR GROUP**

This group is for high school swimmers for whom swimming is a very high priority or in rare cases a very advanced swimmer in Junior High. Swimmers in this group are striving for personal excellence and elite level performances. Time management is crucial to balance the demands of a rigorous training program with school work. The focus is on detailing and refining stroke mechanics and intense training to help athletes achieve their goals.

 **Daily** **Expectations:**

* Workout yardage of 4,000+ yds
* Full Body Control in Water for every stroke
* Strengthen understanding of individual race strategy and pacing
* Swimming Focus: Training, racing, speed, power and strong kick in all strokes.