Junior Group – 15 years and older
The mission of the Junior Group is to begin to increase the training level for those taking the next step in their competitive swimming. Swimmers entering this group should be able to swim all four competitive strokes legally for 100 yards. The Junior group will focus on improving the competitive swim techniques, both for strokes and for skills like dives, turns and streamlines, and also begin to teach swimmers how to increase the speed of their swimming. The design of this group is to give our high school swimmers that are continuing their swimming experience a chance to swim with peers and give everyone an opportunity to pursue and enjoy everything this TEAM has to offer.

Expectations –
Continued focus on improving stroke technique
Attendance at a minimum of one meet per season (Sept-Dec, Dec-Feb, Mar-Jul)
Focus on getting everything out of practice and allowing others to do the same
Follow TEAM Guidelines (at the beginning of this packet)

Group Focus Points –
Perform legal strokes in all practices, at all times
Streamlines off all walls
Underwaters - dolphin kicking and breast pulldowns
Turns - ability to do legal turns for all strokes
Kicking as part of swimming
Increase power in strokes
Breath timing
Turn Position - regularly start in turning position
Knowledge of time standards & personal best times
Clock Management - know all intervals, follows own interval, and can get times on sets
Lane Management - correct orders, respectful, proper etiquette
Introduction to “sets”, pacing & interval training
Understanding and performing gears correctly

Required Equipment –
Speedo Kick Board
Speedo Power Paddles (Red-Medium or Yellow-Large)
Speedo Pull Buoy
Speedo Fins (or Hydra Tech 2 or similar type fin)
Speedo Bullet Head Snorkel

Criteria for joining Pre-Senior Group –

Technical
Know TEAM drills
Uses turning position on walls
Understanding of training paces and gears
Consistent tight streamlines in practices and meets
Correct underwaters off walls, 1 dolphin kicks off all walls for fl, fr, bk
Breaststroke pulldowns
Backstroke finishes without looking at the wall
Calculates own times in practices
Follows own interval in practices, knows where they are in a set
Consistent efforts in different gears
Working on using legs at all times
Focus on increasing power in strokes
“Gears” mastered

Training
10 x 100 Free @ 1:35
6 x 100 IM @ 1:45
10 x 50 Back @ :50
10 x 50 Breast @ :55
8 x 50 Kick @ 1:10

Performance
2 x 15-16 National “BB” cuts

Other
Attend at least 1 meet per season plus a Championship meet for SC and LC seasons
Positive Attitude
Focus
Coachable