



# ELITE



Elite group is for swimmers ages 15 & up

Elite group is comprised for swimmers at the highest ability level. These swimmers have Sectionals and National cuts. They train 2+ hours each day, maximizing mental and physical skills. Dryland training, goal setting and race strategies are emphasized. Continued focus on endurance, speed, perfection of stroke technique and commitment to all aspects of swimming are expected at this level. Swimmers in this group are expected to attend local, state, regional and national meets.

## Group Requirements

- Move from Gold or Senior
- Have previous USA Swimming experience
- Must have at least 1 Sectionals Cut
- 75% Attendance (including dryland) is required to remain in group
- Expected to track progress through Athlete Monitoring App
- Must be able to attend 1 swim meet per month
- Must be able to attend Sectional, Futures and National meets each season
- 20x50s FR :40 | 10x50s Kick :45 | 10x100s IM 1:20

## Mandatory Equipment

Swim Bag, Goggles, Kickboard, Fins, a Competitive Swimming Snorkel, Pull Bouy, Hand Paddles  
Tennis shoes and comfortable gym clothes are needed for dryland

## Group Information

Practice Length: Monday - Friday AM: 1:30 Hours | Monday - Friday PM and Saturday: 2 Hours  
Swim Practice: Monday/Tuesday/Thursday AM: 6:30am | Friday AM: 7:00am | Saturday: 8:00am  
Monday - Friday PM: 5:45pm  
Dryland Practice: 30 min. | Monday - Thursday: 5:00pm

Price : \$200 per month

**Swimmers who do not maintain the following group requirements each month will be moved to Senior Group the following month:**

- 75% Attendance - including dryland
- Attend 1 swim meet per month