



SENIOR



Senior group is for swimmers ages 15 & up

The Senior group is composed of high school age swimmers who are focused on fine tuning stroke mechanics, race strategies, increasing aerobic capacity and gaining strength. These swimmers are working towards scoring at STAGS and eventually Sectional cuts to move into the Elite group. These swimmers are expected to attend two swim meets per season.

Group Requirements

- Move from Silver 2, Gold, Varsity or complete a Saturday Evaluation
- Have swim meet experience
- Attend at least 2 swim meets per season
- 20x50s Free :45 | 10x50s Kick :55 | 10x100s IM 1:45

Mandatory Equipment

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

Group Information

Practice Length: Weekday AM and PM practice: 1:30 hours | Saturday: 2 Hours

Swim Practice: Monday - Thursday AM: 6:30am | Monday - Friday PM: 7:15pm
Saturday - 8:00am

Dryland Practice: 30 min. | Monday - Thursday: 6:30pm

Price : \$180 per month

WHAT DOES MY SWIMMER NEED TO MOVE TO ELITE?

Please see the Waterloo Swim Team move up guidelines online for more details. Moves happen two times throughout the year. Once at the beginning of each season (August and March)

Expectations of Elite swimmers are below:

HAVE AT LEAST ONE SECTIONALS CUT

Attend 1 swim meet per month throughout the season

Maintain 75% attendance throughout the season - including dryland

Test Sets: 20x50s Free @ :40 | 10x50s Kick @ :45 | 10x100s IM @ 1:20

Athletes who complete requirements will move to Elite