SENIOR

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S - STRENGTH:
In the Senior Group, strength is a core focus both in the pool and in dryland training. Building physical strength through targeted exercises helps swimmers improve their power in the water.

E - ENDURANCE:
Training sessions are designed to build the aerobic capacity needed to maintain high performance throughout a race, particularly in distance events and during the final laps of a race.

N - NURTURE:
Nurturing each swimmer's potential is key. Coaches work closely with athletes to refine their skills, address weaknesses, and set goals needed for personal and athletic growth.

I - INTENSITY
Senior swimmers train with a high level of intensity. Practices are structured to push swimmers to their limits, helping them adapt to the physical and mental demands of competitive swimming.

O - OPPORTUNITY:
Opportunities for swimmers to compete at regional, state, and national levels. These experiences are invaluable for growth, exposure, and the chance to achieve personal bests and qualify for higher-level meets.

R - RESPONSIBILITY:
Responsibility is crucial in the Senior Group. Swimmers are expected to show up to practice consistently, bring the necessary equipment, and support their teammates. This responsibility fosters discipline and accountability, both individually and as a team.

JUNIOR

J - JOURNEY:
In the Junior Group, the focus is on the swimmer's journey of learning and progression. Each practice session contributes to building a solid foundation in swimming techniques, helping young athletes advance in the sport and enjoy their path towards competitive swimming.

U - UNITY:
Unity is key in the Junior Group, where swimmers learn the value of teamwork and supporting their peers. A strong sense of community fosters motivation and a positive atmosphere, encouraging swimmers to push their limits together.

N - NURTURE:
Nurturing is essential for young swimmers. Coaches provide guidance and support, helping each swimmer develop at their own pace. This nurturing approach ensures that swimmers build confidence, refine their skills, and grow both personally and athletically.

I - IMPROVEMENT:
Improvement is a continuous goal in the Junior Group. Practices are designed to help swimmers refine their strokes, improve their times, and achieve personal bests. The focus is on steady progress, celebrating each swimmer's achievements, no matter how small.

O - OPPORTUNITY:
The Junior Group provides opportunities for swimmers to participate in local meets and USA meets where they can gain experience and apply what they've learned in practice.

R - RESILIENCE:
Developing resilience is about teaching Junior swimmers how to handle the challenges of competitive swimming. Through regular practice and competition, they learn to overcome setbacks, stay motivated, and continue striving for improvement, building mental toughness that will benefit them in all aspects of life.