



**SOUTH CENTRAL  
SWIM TEAM**

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***Building Excellence and Character...  
One Stroke at a Time***

## SENIOR

### Overview

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<b>Emphasis:</b>	Advanced Training
<b>Ages:</b>	F: 12 & Over (A), M: 14 & Over (A)
<b>Entry Requirement:</b>	Complete four of the following five: 10x 100 @ 1:30 8x 50 K @ :50 Kick 1x 50 w/ fins under :30 30 pushups in 1:00 Show willingness to learn and consistent attendance
<b>Goals:</b>	Strive to be competitive with any Senior group in the state Prepare athletes for competency at highly competitive levels To consistently improve commitment level and training/racing ability from season to season Continue to become more fluid in swimming (no splashing) Actively improve distance per stroke Learn leadership skills Attendance should improve rather than decline as athlete matures Training attitudes should be more supportive and productive as the athlete gets older Attend all meets prescribed by the coaching staff unless coach agrees to absence Display ability to train appropriately for the athlete's experience and stated goals

### Needs

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<b>General:</b>	Develop self-reliance Reinforce personal accountability Strong expectations/motivations
<b>Swimming:</b>	High technical component/expectation Continue to develop needs from group two Start introducing power development Specialization increases as athletes get older (F:16, M:17)
<b>Dryland:</b>	Continue to develop aerobic capacity Liken movements to race speed Develop Strength as athletes get older (F:16, M:17)
<b>Parental Involvement:</b>	Limited 'wet-side' involvement, and greater amounts of 'dry-side' involvement Assist at team functions

## Practice

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**Days:** 8 (School Year) – 11 (Summer) practices offered weekly  
Can only miss one per week  
Patterns of absence should be avoided

**Duration:** AM: 1.5 (School Year) – 2 (Summer) hours  
PM: 2.5 (School Year) – 2 (Summer) hours  
Saturdays – 2.5 Hours

## Observations

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- 1) In this group, the mileage completed each week begins to be an important consideration. We want to take advantage of the pre-pubescent window of opportunity to more fully develop aerobic capacity. As athletes begin to age (F: 16, M: 17) we will start to shift our focus to maintaining aerobic capacity and emphasize anaerobic development.
- 2) Although low intensity aerobic conditioning is still the highest priority, athletes begin to do more anaerobic threshold work. It is critical that technique is not compromised as swimmers swim faster in practice a greater percentage of the time. As athletes begin to age (F: 16, M: 17) we will start to shift our focus to maintaining aerobic capacity and emphasize anaerobic development.
- 3) At this level, the training program focuses on preparation for the 400 IM and distance freestyle events. Even if swimmers show promise in specific events, they limit specialty work until the later stages of this program, as they reach 16 (F) or 17 (M) years of age.
- 4) Swimmers are encouraged to attend as many practices each week as possible. AM practices are not currently offered during the school year, but we are looking into that possibility. Swimmers at these senior levels are encouraged to begin to make a choice between swimming and other activities.
- 5) Beginning in this phase, careful attention is given to maintaining aerobic fitness levels from one season to the next. Breaks between seasons are minimal to avoid significant deterioration of aerobic fitness.
- 6) A heavier emphasis is placed on dryland training at these levels with the emphasis primarily being on the development of core body conditioning
- 7) Swimmers will train in the Long Course pool 5 times weekly during the summer

## Recommended Equipment

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<b>Practice:</b>	Practice Cap (2x)	<b>Meets:</b>	SCST Swim Cap (2x)
	Practice Suit (2x girls)		SCST Meet Suit
	Drag Suit (boys)		SCST Warmups
	Goggles (2x)		SCST Backpack
	Fins		Speedo FSII, FSPro, or LZR
	Mesh Bag		<i>(Championship only)</i>
	Paddles		
	Snorkel		
	Zoomers		
	Breaststroke Fins		
	<i>(Breaststrokers Only)</i>		



# SENIOR GROUP TIME STANDARDS

Swimmer must hit one standard to be eligible for the Senior Group



WOMEN			EVENTS	MEN		
SCM	LCM	SCY	12	SCY	LCM	SCM
:32.89	:33.69	:29.79	50 Freestyle			
1:09.69	1:14.09	1:03.09	100 Freestyle			
2:34.89	2:39.19	2:20.19	200 Freestyle			
5:23.19	5:32.39	6:09.29	400/500 Freestyle			
11:16.49	11:36.49	12:52.99	800/1000 Freestyle			
21:34.09	22:23.79	21:41.69	1500/1650 Freestyle			
1:22.79	1:26.29	1:14.89	100 Backstroke			
2:53.59	3:00.69	2:37.09	200 Backstroke			
1:30.79	1:33.79	1:22.19	100 Breaststroke			
3:16.29	3:23.69	2:57.69	200 Breaststroke			
1:21.29	1:22.89	1:13.59	100 Butterfly			
2:56.49	3:02.59	2:39.69	200 Butterfly			
2:55.19	3:00.19	2:38.59	200 IM			
6:13.59	6:27.59	5:38.09	400 IM			
SCM	LCM	SCY	13-14/14	SCY	LCM	SCM
:31.69	:32.79	:28.69	50 Freestyle	:26.59	:30.59	:29.39
1:08.79	1:11.09	1:02.19	100 Freestyle	:57.99	1:06.59	1:04.09
2:28.29	2:32.59	2:14.19	200 Freestyle	2:05.79	2:24.99	2:18.99
5:08.89	5:16.59	5:52.99	400/500 Freestyle	5:39.39	5:05.59	4:56.99
10:36.79	10:47.99	12:07.59	800/1000 Freestyle	11:41.49	10:31.29	10:13.89
20:05.09	20:39.79	20:12.19	1500/1650 Freestyle	19:29.49	20:13.09	19:22.69
1:15.89	1:20.09	1:08.69	100 Backstroke	1:04.89	1:15.09	1:11.69
2:42.79	2:51.39	2:27.29	200 Backstroke	2:19.49	2:41.59	2:34.19
1:26.19	1:29.09	1:17.99	100 Breaststroke	1:12.29	1:23.59	1:19.89
3:05.69	3:11.99	2:47.99	200 Breaststroke	2:36.29	3:02.39	2:52.69
1:15.19	1:17.29	1:08.09	100 Butterfly	1:03.39	1:11.99	1:10.09
2:44.19	2:49.49	2:28.59	200 Butterfly	2:20.79	2:39.89	2:35.59
2:47.19	2:52.39	2:31.29	200 IM	2:21.89	2:42.79	2:36.69
5:53.19	6:02.29	5:19.59	400 IM	5:02.39	5:46.19	5:34.19
SCM	LCM	SCY	15 & Over	SCY	LCM	SCM
:31.19	:32.29	:28.19	50 Freestyle	:25.39	:29.39	:27.99
1:07.49	1:09.59	1:01.09	100 Freestyle	:55.39	1:04.09	1:01.19
2:25.29	2:29.39	2:11.49	200 Freestyle	2:00.79	2:18.99	2:13.49
5:04.89	5:12.19	5:48.39	400/500 Freestyle	5:25.29	4:53.29	4:44.69
10:26.49	10:41.89	11:55.89	800/1000 Freestyle	11:12.19	10:04.59	9:48.29
19:51.99	20:28.39	19:58.89	1500/1650 Freestyle	18:47.99	19:22.99	18:41.39
1:14.79	1:18.29	1:07.69	100 Backstroke	1:01.29	1:11.69	1:07.79
2:41.19	2:47.29	2:25.89	200 Backstroke	2:12.69	2:34.29	2:26.59
1:24.39	1:27.69	1:16.39	100 Breaststroke	1:09.19	1:20.59	1:16.49
3:01.99	3:08.49	2:44.69	200 Breaststroke	2:30.09	2:54.29	2:45.89
1:13.89	1:15.89	1:06.89	100 Butterfly	1:00.49	1:09.09	1:06.89
2:41.99	2:44.69	2:26.59	200 Butterfly	2:14.39	2:32.19	2:28.49
2:43.89	2:48.09	2:28.39	200 IM	2:15.69	2:37.09	2:29.89
5:47.09	5:56.59	5:14.09	400 IM	4:49.09	5:29.99	5:19.49

NOT AVAILABLE