

Club: Senior Group Descriptions and Requirements

Group Notes: All groups are divided by **age/grade, training ability, time standards, attendance, maturity, and performance**. Sometimes swimmers who are not at or near the time standard for a group may be considered to move up if they are extraordinary in other areas such as training ability, attendance, maturity, and leadership. For example, 8th graders may be moved up if they meet the criteria for the senior group. The coaches will decide on the most appropriate group for each swimmer.

Senior Divisions: Our senior program is designed for high school-age swimmers with varying goals and commitment levels. To maintain a strong sense of community, we have three tiers under one division, allowing for cross-training and fostering a family/team culture.

Senior I: This is the introductory level of senior swimming, focused on developing well-rounded athletes. Swimmers in this group aim to qualify for and compete at the **Florida Gold Coast Championship Senior Meet**. Training emphasizes versatility, encouraging swimmers to compete in a range of events.

- **Practice Commitment:** Up to **7 sessions per week**, including **one morning session**.
- **Flexibility:** Athletes participating in other sports or school activities may have some extra flexibility in this group, provided they show commitment through actions such as leadership, volunteerism, goal-setting, and positive team support.
- **Goal:** To accommodate swimmers who love the sport and contribute positively, even if they do not specialize exclusively in swimming.

Senior II: Senior II introduces high-performance training, preparing swimmers for **higher-level meets** such as the **ISCA International Senior Cup** and **Sectionals**.

- **Eligibility:** Typically, swimmers in this group have achieved **Florida Gold Coast Championship times** for their age and are competitive at that level.
- **Practice Structure:**
 - **7 sessions per week**, each lasting **120-135 minutes**.
 - Includes **3-4 dryland sessions** per week (30-45 minutes).
- **Attendance Expectation:** **Minimum 5 practices per week, including one morning session**.
- **Training Approach:** Increased specialization with a focus on **400 IM proficiency** while maintaining well-rounded development.

Factors for Placement in Senior I or Senior II: Coaches may consider the following criteria:

1. Demonstrated **commitment** to the team through actions such as leadership and positive team support.
2. Attendance at **all appropriate competitions** and consistent effort to **qualify for and compete in finals**.
3. Strong **Championship Mindset Skills (IPZ)**.
4. Establishing and actively pursuing **SMART goals**.

5. Regular **communication with coaches** without relying on parents.
6. Upholding team **culture and values** at all times.
7. Active **participation in team activities** (e.g., team-building events, socials).
8. Meeting **YSF Training and Time Group Standards**.
9. **Coach recommendation**.

Sectionals Group: The **Sectionals group** is the first **high-performance-focused** training group, with an emphasis on **maturity, independence, and race preparation**. Swimmers in this group are expected to be self-sufficient in training, race execution, and swim-life balance.

- **Training Expectations:**
 - **8 sessions per week**, lasting **120-165 minutes**, depending on the type of workout.
 - **Strength & Conditioning (S&C) sessions** are separate from practice and held **3 times per week**.
 - Attendance expectation: **90% minimum**, reviewed monthly.
- **Performance Expectations:**
 - Strong understanding of **training times, race splits, stroke metrics**, and technical elements.
 - Ability to execute warm-ups, cool-downs, and championship turns **without reminders**.
 - Regular **goal-setting and planning meetings** with the head coach.
- **Commitment Expectations:**
 - Active **communication with coaches**, without parental mediation.
 - Strong **leadership and mentorship**, particularly with younger teammates (10 & under).
 - Demonstrated commitment to team goals and culture.
 - Participation in **selected competitions** (may involve travel).
 - Must maintain **YSF Training and Time Group Standards** (e.g., Sectionals cut or close).
 - **Coach recommendation required**.
 - **Signed Commitment Contract** required.