

Sea Serpents Criteria to complete Senior

Swimmer's Name: _____ Date: _____

Highest level of Competitive Training

- ✓ Advanced knowledge of all 4 strokes and turns used currently for competitive swimming
- ✓ Strong development of aerobic, anaerobic and lactate conditioning in each practice
- ✓ Strong understanding of race strategies
- ✓ Actively participates in Goal setting and peak performance strategies
- ✓ Swimmer is committed to swimming and will attend all practices
- ✓ Can self-supervise dryland sessions to achieve peak core and flexibility needed to achieve goals
- ✓ Focus is to pursue swimming at the highest levels, Finals at qualifying meets, for College opportunities, lifetime best times
- ✓ Can self-talk to keep mental fortitude in balance to manage the highs and lows of swimming
- ✓ Will request videos to see all perspectives of self-improvement and race strategies
- ✓ Highest ability to lead group and younger swimmers
- ✓ Easily manages diet and practice energies to achieve best conditioning from each practice
- ✓ Highest development of time management skills needed to ensure rest is part of the process
- ✓ Actively seeks advice from coach

Training ability

- ✓ 10 x 100s Free @1:20/1:15(girls/boys)
- ✓ 10 x 100s Kick @1:30
- ✓ 4 x 400 IMs @5:40/5:20 (girls)

Congratulations!
Hard work and all Loyalty