

Sea Serpents Criteria to complete **Group 3**

Swimmer's Name: _____

Date: _____

Training

- 8x100 Free @ 1:45
- 8x100 dolphin kick with fins @ 1:45
- 8x100 kick @2:00
- Finishes all sets and completes all practices
- Able to maintain speed and complete a 30 minute swim nonstop
- Streamlines past flags

Cognitive Progression

- Able to monitor heart-rate during sets
- Able to develop individual race strategies
- High proficiency understanding of all strokes, turns, dives for high level racing

Character Devopment

- Swimmer is prepared to make a commitment to attending ALL group practices per week
- Swimmer has learned to not be influenced by negative behaviors/actions of teammates
- Understands that practice habits are directly related to performance and goals.
- Understands season planning and participates in goal setting accordingly
- Listens to coach technique improvements and makes the recommended changes
- Puts away the equipment used during practice

Competitive Development

- Participates in goal setting sessions, actively choosing the events they will focus on each season
- Development of mental fortitude for racing at all levels and to handle the highs and lows of the sport
- Development of individual preparation process (race ready, visualize, warm up warm-down, behind the blocks self talk, etc.)
- Attends all required team swim meets
- Participates in Swim-for-Funds

Promoted to Pre-Seniors: _____

Dues are: **\$170.00** per month.

Current Pre-Senior practice schedule: _____

Parent signature: _____

Date: _____

Please return this form to your coach