

Sea Serpents Criteria to complete Pre-Senior

Swimmer's Name: _____ Date: _____

Training

- 10 x 100s Free @ 1:30
- 8 x 100s Dolphin Kick with Fins @ 1:30

Cognitive Progression

- Has a high proficiency in technique corrections and optimal skills for all 4 strokes
- Recognizes when to ask a coach to help make technique adjustments
- Highly proficient in comprehension for main sets and the importance of warmup/warmdown
- Actively pursues knowledge of the phases of training to develop strong aerobic conditioning

Character Devopment

- Swimmer is prepared to make a commitment to attending ALL group practices per week
- Swimmer not only completes all sets, but encourages teammates to finish strong
- Sets high competitive goals: Age Group Champs, Far Westerns, Sectionals, Futures, Junior Nationals, and beyond
- Demonstrates leadership by actions and works with younger swimmers
- Listens to all team coaches and tries to make suggested improvements
- Demonstrates self-motivation
- Concentrates on process goals in order to acheive outcome goals

Competitive Development

- Swimmer can maintain perspective before big meets whild still having fun and managing competitive pressures
- Swimmer knows their race preparation
- Talks with coach after race to confirm what was achieved/learned
- Ability to perform individual race strategy
- Reflects and uses mental toughness packet and meet logs
- Participates in all required team meets, events and Swim 4 Funds

Promoted to Seniors: _____ Dues are: **\$190.00** per month.

Current Senior practice schedule: _____

Parent signature: _____ Date: _____

Please return this form to your coach