

Sebastopol Sea Serpents

Senior Group Practice Expectations & Goals

Highest Level of Competitive Training

2026-2027 Swim Year



Swimmer's Name: _____

Evaluation Date: _____

Coach: _____

PRACTICE EXPECTATIONS & GROUP GOALS

- ☐ Demonstrates advanced knowledge of all four strokes and current competitive turns.
- ☐ Develops aerobic, anaerobic, and lactate conditioning in each practice.
- ☐ Demonstrates a strong understanding of race strategies.
- ☐ Actively participates in goal setting and peak-performance strategies.
- ☐ Attends all scheduled Senior workouts, including morning and dryland sessions when scheduled.
- ☐ Can self-supervise assigned dryland sessions to develop the core strength and flexibility needed to achieve goals.
- ☐ Pursues swimming at the highest appropriate level, including finals at qualifying meets, college opportunities, and lifetime-best performances.
- ☐ Works through the NCAA college swimming checklist when pursuing collegiate swimming opportunities.
- ☐ Uses constructive self-talk and maintains perspective through the highs and lows of the sport.
- ☐ Requests and uses video feedback to support technique improvement and race strategy.
- ☐ Demonstrates the highest level of leadership within the group and with younger swimmers.
- ☐ Manages nutrition, hydration, and energy needs to support training and recovery.
- ☐ Uses strong time-management skills and recognizes that rest is part of the training process.
- ☐ Actively seeks advice and feedback from the coach.

TRAINING ABILITY

- ☐ Completes 10 x 100 Freestyle @ 1:20 / 1:15 (girls / boys).
- ☐ Completes 10 x 100 kick @ 1:45.
- ☐ Completes 4 x 400 Individual Medley @ 5:40 / 5:20 (girls / boys).

RECOMMENDED PLACEMENT

- ☐ Continue in Senior — \$205/month
- ☐ Move to Pre-Senior — \$185/month
- ☐ Transition to Varsity Prep — \$175/month

Coach Signature: _____ Date: _____

COACH'S NOTES

ATHLETE COMMITMENT I have reviewed the Senior Group expectations and understand the attendance, effort, communication, leadership, and personal responsibility expected of me. I agree to work toward these standards and communicate with my coach when I need support.

Athlete Signature: _____

Date: _____

MONTHLY DUES & PLACEMENT ACKNOWLEDGMENT I have reviewed the group expectations and acknowledge the placement selected above. I agree to the monthly dues associated with that placement. I understand that group placement and criteria are established by the Head Coach and may be revised based on attendance, readiness, training commitment, competitive goals, or program needs. Discounts and additional fees are governed by the 2026–2027 Year-Round Team Policies.

Parent/Guardian Signature: _____

Date: _____