SOUTH LOUISIANA SWIM TEAM · GROUP GUIDE

Junior Competition Team

2026–2027 Season · Ages 10–14 · Coach Kier, head coach · Coach Laura, lead assistant

OFFERED	MINIMUM	MEETS	TUITION	DRYLAND
5–6 practices / week	3 / week · 4 recommended	3 per season + championships	$165 / month	2 days / week

GOALS FOR THIS GROUP

Junior is for swimmers who have built stronger skills, maturity, and a growing commitment to the sport. The focus is qualifying for **State Championships** and working toward **Age Group Sectionals**. Swimmers here typically hold standards from BB through AAAA.

A primary goal of this group is developing **independent learners, leaders, and competitors** who set the tone for the team by leading through example.

GROUP FOCUS

- Aerobic development and endurance.
- Racing strategy in the 100s and 200s of stroke, plus the 500 freestyle.
- Preparation for completing a **400 IM**.
- Technical refinement across all strokes and race skills.
- Leadership, accountability, and independence.

Commitment: practice and competition

Minimum 3 practices per week, 4 recommended. Multi-sport athletes may make 2 during a heavy crossover season but should swim 3 as often as possible. Our stronger Junior swimmers attend all workouts unless something comes up.

Regular attendance is directly linked to meet success and matters more here than in any group before it. Participation in competition is a key part of that success.

WHAT WE LOOK FOR DAILY

- On deck ready, suited, with fins and snorkel.
- Water at the wall. Phones away. No soda or caffeine.
- Listen to the whole set before pushing off, then hold the interval as written.
- Legal turns and full walls on every repeat.
- Leave on time and keep the lane moving.
- Effort holds steady when the coach is at the far end.

GOOGLE CALENDARS — SCAN TO SUBSCRIBE

Junior Team
practice times

Meets & Ev
all families

MOVING UP TO JUNIOR PLUS

Selection follows the USA Swimming Athlete Development Model. We look for growth in all four areas — not speed alone.

COMPETENCE
Ages 12–14: at least **two state qualifying times**, which may be from the previous season or age group. Ages 15 and over: at least **one BB time**. Test sets 5 x 100 free on 1:30 and 5 x 100 IM on 1:50. Compete a 100 of each stroke and complete a legal 400 IM.

CONFIDENCE
Knows all pace intervals and stroke drills on recall. Earns time standards in competition, not only in practice.

CONNECTION
End-of-season meet commitment. Sets the tone in the lane and leads teammates by example.

CHARACTER
Consistent attendance and effort. Social and emotional readiness, with age and development considered.

WHAT YOU CAN GET OUT OF THIS GROUP

Junior is a **transitional group**. We take competent swimmers who are exploring the sport and give them the tools and support to become **intrinsically motivated athletes** who steer the ship of their own progress and development in the Senior group.

You will see your athlete try new things, make some mistakes, understand how to be an athlete outside of the pool, and fall in love with the grind.

You may also find this is a safe place to learn whether swimming is the right sport for your swimmer, what their hopes and dreams are for themselves, and how to build a healthy relationship with your swimmer as they become a young adult, a teenager, and a high school athlete.

IMR and IMX — what they are

An **IM Ready** score comes from a 50 of all four strokes, a 200 freestyle, and a 200 IM. An **IMX** score is the next step up and differs by age group — **11–12:** 500 free, 100 fly, 100 back, 100 breast, 200 IM. **13–14:** 200 fly, 200 back, 200 breast, 400 IM, 500 free.

Extra Conditioning — Brattain Sports Performance

Open to swimmers **10 and older**, and to 8- and 9-year-olds where maturity supports it. Brattain builds progressive loading and general athleticism on a track that aligns with our in-water progressions. Optional, and a strong fit for swimmers who want more.

EQUIPMENT

- **Required:** fins and snorkel.
- **Optional** (through the team): pull buoy, kickboard, paddles, band.
- Everything is on our Swim Outlet store so you get the correct item.