

Junior Plus

2026–2027 Season · Ages 12–15 · Coach Kier, head coach · Coaches Laura, Layla and Sean

OFFERED	MINIMUM	MEETS	TUITION	COLLEGE TRACK
7–8 practices / week	4 / week	4 per season	\$170 / month	Age 14+, included

GOALS FOR THIS GROUP

Junior Plus is for athletes who have shown **readiness to move into the Senior Team**. Swimmers here are highly committed, goal-oriented, and prepared to train with increased intensity.

The best part: your swimmer trains alongside the Senior group on additional days each week, so the progression happens gradually rather than all at once.

GROUP FOCUS

- Developing commitment to long-term training goals.
- Race strategy with a focus on pacing and times.
- Endurance through higher-volume, interval-based training.
- Preparing for the demands of Senior-level practice and competition.

Commitment: practice and competition

Minimum 4 practices per week out of the seven or eight offered. Regular attendance is directly linked to meet success and matters more in this group than any before it.

Minimum 4 meets per season, with a focus on championship meet participation.

WHAT WE LOOK FOR DAILY

- On deck ready, with fins and snorkel.
- Water bottle at the wall.
- Holds Senior-lane intervals on Senior days.
- Knows their own splits and what they are working on.
- **Being a leader in the Junior group workouts**, in behavior and swim skills — leading the lane, knowing what is expected, completing all reps, and giving effort.
- Effort holds steady when the coach is at the far end.

MOVING UP TO SENIOR B

Advancement follows the USA Swimming Athlete Development Model and our values of Ownership, Leadership, Collaboration, Passion, Performance, and GRIT. We look for growth in all four areas — not speed alone.

COMPETENCE

Test sets: 5 x 100 freestyle on 1:20 · 5 x 100 IM on 1:30 · 3 x 200 freestyle on 2:40. Competes a 200 of each stroke. Successfully competes a distance event — 800, 1000, or 1500 freestyle.

CONFIDENCE

Races distance and off-stroke events willingly. Recovers from a poor swim within the session.

CONNECTION

Trains credibly with the Senior group. Leads by example in their own lane.

CHARACTER

Consistent attendance and effort. Social and emotional readiness for a Senior training load.

A note on Senior move-ups

Meeting these standards makes a swimmer **eligible, not automatically placed**. The number and timing of moves into the Senior group also depend on the current makeup of that group and the pace of the training conglomerate as a whole. Training optimization for the Senior team is prioritized.

WHAT YOU CAN GET OUT OF THIS GROUP

Junior Plus athletes are similar to Prep Plus ones, in that this is a **bridge to our Senior Competition team**. They are building more deeply on our Junior team qualities while also increasing their endurance.

Swimmers in this group are typically **entering high school** and starting to explore swimming in college. **Goal setting** is important here.

Athletes still focus on **well-rounded swimming** — all four strokes, all distances — rather than narrowing too early.

EQUIPMENT

- **You provide:** fins, snorkel.
- **The team provides:** bands, pull buoys, paddles.
- **Tempo trainers** — we keep a limited number in stock and share them; we do not have one per swimmer.
- Purchase items are on our Swim Outlet store.

HYDRATION ON DECK

Soda and caffeinated beverages are not allowed during workouts or anywhere on the pool deck. Water is best. If your swimmer is not drinking water, an electrolyte replacement drink is recommended.

STAY CONNECTED



Junior Plus calendar
practice times



Meets & Events
all families

GroupMe — "SLST Junior team"
groupme.com/join_group/58750990/FtaCDDQT