

Senior A

2026–2027 Season · Coach Sean, Head Senior Coach · Coaches Kier and Laura

ATTENDANCE

All practices expected

MEETS

All Senior meets

TUITION

\$190 / month

S&C

3 sessions / week

COLLEGE TRACK

Age 14+, included

GOALS FOR THIS GROUP

Senior A is our **most advanced training group, and all practices are expected to be attended**. If practices are missed consistently, a swimmer may move back to Senior B.

Senior athletes are leaders in and out of the pool, and role models for the entire team. Many are training to pursue collegiate swimming and to compete at State, Sectionals, Junior Nationals, and beyond. Individual goals vary, but all swimmers are held to the **same standard of effort, respect, and accountability**.

Boys and girls train together, except on Wednesdays, when the group splits.

GROUP FOCUS

- Advanced training for peak performance at championship meets.
- Preparing athletes for collegiate and post-collegiate swimming.
- Developing leadership, discipline, and resilience.
- Maintaining a team-first attitude and respect for every athlete in the group.

Commitment: practice and competition

All practices are expected, with **no reduced minimum for multi-sport athletes**.

No excuse letter is needed for a missed practice. **The athlete — not a parent — communicates with their coach**, in person or through GroupMe, and an **alternative workout** should be explored rather than simply missing. Consistent absence moves a swimmer back to Senior B.

All Senior Competition meets are expected; partial weekends are acceptable when a full one is not possible. Participation in state championships, including qualified prelims and finals. Communicate conflicts to Coach Sean and Coach Kier before the season.

WHAT WE LOOK FOR DAILY

- On deck ready, with fins and snorkel.
- Water bottle at the wall.
- Full effort in the water and in strength and conditioning.
- Owns their own race plan and knows their splits.
- Handles a bad set without letting it become a bad week.
- Sets the standard the rest of the team measures against.

GRADUATING FROM THE SENIOR TEAM

Nothing follows Senior A on our ladder. What we are building toward is what a swimmer carries out of the program.

COMPETENCE

Participate in our State Championships. Strive toward their highest potential — State, Sectionals, Junior Nationals, Senior Nationals, or college swimming.

CONFIDENCE

Set meaningful goals and train with purpose through every season, in and out of championship weeks.

CONNECTION

Leave the program having made it better for the swimmers coming behind them.

CHARACTER

Graduate from SLST with competitive accomplishments *and* a lasting love for the sport.

WHAT YOU CAN GET OUT OF THIS GROUP

Every Senior A athlete has qualified for the State Championships. From there, this group trains to qualify for **Sectionals, Futures, Winter and Summer Juniors**, and — when in season — the **Olympic Trials**.

Alongside Senior B, this group prepares athletes to be competitive locally at the high school level and statewide at our championship meets, with independence, goal setting, and intentional training across the season.

Swimmers meet with a **collegiate recruiter** to encourage exploring swimming in college, choosing the right college, and finding a love for the sport beyond high school graduation.

Leadership, GRIT, Performance, Passion, and Ownership — our team's characteristics are maximally developed in the Senior groups.

Additional programming

Optional enhanced conditioning through **Brattain Sports Performance**. Monthly meetings with **Coach Sarah, Surefire Academy**, for swimmers 14 and older — included in tuition.

EQUIPMENT

- **You provide:** fins, snorkel.
- **The team provides:** bands, pull buoys, kickboards, 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



Senior A + B calendar
practice times



Meets & Events
all families

GroupMe — "SLST Seniors"

groupme.com/join_group/58749876/pO239uyI