

Senior B

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

MINIMUM	MEETS	TUITION	S&C	COLLEGE TRACK
5 / week · 4 if multi-sport	All Senior meets	\$190 / month	3 sessions / week	Age 14+, included

GOALS FOR THIS GROUP

Senior B is a **committed training group**. Practices include swim workouts and strength and conditioning focused on core, body awareness, breathwork, and a seasonal weightlifting progression built around individual goals.

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

Swimmers meet monthly with Coach Sarah from Surefire Academy for goal setting, mindset, and college preparation — whether or not they plan to swim in college.

GROUP FOCUS

- Building a training base that supports championship racing.
- Strength and conditioning as a normal part of the week.
- Race strategy across all four strokes and distances.
- Setting the tone for the whole Senior program.

Commitment: practice and competition

Minimum 5 practices per week; multi-sport athletes 4. 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.

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.
- Holds the interval and finishes the set as written.
- Full effort in strength and conditioning, not just in the water.
- Knows their goals and what this week is building toward.
- Models what younger swimmers should become.

MOVING UP TO SENIOR A

Senior A is our most advanced group, and **all practices are expected to be attended**. We look for growth in all four areas of the Athlete Development Model and our values of Ownership, Leadership, Collaboration, Passion, Performance, and GRIT.

COMPETENCE

Faster training standards and the ability to hold Senior A intervals across a full week of practice.

CONFIDENCE

Races the full meet schedule. Competes finals sessions when qualified.

CONNECTION

Leads the group. Supports teammates through championship season.

CHARACTER

Attendance is the differentiator. Senior A expects every practice.

WHAT YOU CAN GET OUT OF THIS GROUP

The goal of Senior B is to foster **independence, goal setting, and progress** — through annual meetings, intentional training, and measured progress across the season.

This group prepares athletes to be competitive **locally at the high school level** and **statewide at our championship meets**. Some Senior B swimmers advancing age groups are still working on cuts, and that is exactly what this group is for.

Swimmers also 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