

SENIOR PREP TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025

Day of the Week	Practice Times	Workout Type
MONDAYS	7:00 pm to 8:00 pm	SWIM
TUESDAYS	7:00 pm to 8:00 pm	SWIM
WEDNESDAY	7:00 pm to 8:00 pm	SWIM
THURSDAY	OFF	
FRIDAY	5:30 pm to 6:30 pm	SWIM
SATURDAY	9:00 am to 11:00 am	SWIM

SENIOR PREP TEAM:

Senior Prep is for the swimmers who can swim, but their journey in competitive swimming started late. This does not mean that we cannot accomplish greatness; all it means is that we need a space for them to learn and have the opportunity to keep improving.

The majority of the swimmers in this group are between the ages of 14 and above. They usually want to swim in high school and have other activities they want to be a part of. This Senior Prep Team will get the coaching needed for them to keep improving and training with purpose. We are in on trying to make them better swimmers and athletes, as long as they are committed to training hard and smart.

Senior Prep is a competitive Team, although all other teams in the DCS Douglasville satellite are required to attend swim meets, Senior Prep is only required to attend the DCS HOME MEETS, and they have the option of doing the travel meets if they want.

SKILL REQUIREMENTS		EXPECTATIONS	
Minimum Distance:	Minimum Knowledge:		
100 FR non Stop	Understanding how to use the pace clock		Competition:
100 BK non Stop			
EDUCATION		Character Development	
Training:	Time Management:	Personal:	Social:
Technical Skills for All Strokes	Organizing School and Training time in order to keep up the good grades and attending practices to have the best possibilities to improve at the season's end	Respect	Communication
Detail Oriented Training		Responsibility	Teamwork
Game planning for events		Discipline	Empathy
Sprint precision training		Determination	Friendship
Distance precision training		Desire	Learning how to follow
<u>LEAD LEAD LEAD</u>		(+) Attitude	Learning how to lead
<u>TEAM TEAM TEAM</u>		Leadership	Online Behavior
		Organization	Respect for one another
Optional Dryland on Wednesday		Focus	Respect for others belongings
		Humility	<u>LEAD LEAD LEAD</u>
			<u>TEAM TEAM TEAM</u>
Competition:			
Enjoyment			
Increase knowledge of events			
Energy Endurance Efficiency throughout the swim meet			
<u>LEAD LEAD LEAD</u>			
<u>TEAM TEAM TEAM</u>			
Nutrition Training:			
During training months			
For competition taper moments			
Knowledge of nutrients and where we can get them from			
Stress Management:			
Being very committed to improving in the water yet we still want the athletes in this group to enjoy the sport and love it because this is a sport for life			
Being able to maintain a high level of training with the expectations of keeping good grades in school			