

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		
Minimum Distance: 100 FR non Stop 100 BK non Stop Must be able to swim 50 of all strokes		Minimum Knowledge: Understanding how to use the pace clock Commitment to learning and improving
EDUCATION		
Training: Technical Skills for All Strokes Detail Oriented Training Game planning for events Sprint precision training Distance precision training <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u>		Time Management: 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 Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life Mental Training: The Utilization of Goal Setting Believing in Oneself Overcoming Failure Hard Work Mentality Focus Mentality <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u> Emotional Training: Controlling emotions & utilizing feelings to help performances, & overcoming failures Understanding life through the sport: its successes, failures, training, desires, etc
Optional Dryland on Wednesday		
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		
EXPECTATIONS		
Training Attendance: Swimmers in this group are expected to attend, but we understand that they have other commitments on hand. If you want to get better, you need to show up. Remember, you only get what you put in, and even though attendance is not required, we hope you can hold yourselves accountable to your own goals		Competition: SENIOR PREP Team is expected to attend all DCS Home meets, but has the option of attending the Travel meets The coach will select all meet entries with input from the swimmer. <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u>
Character Development		
Personal: Respect Responsibility Discipline Determination Desire (+) Attitude Leadership Organization Focus Humility		Social: Communication Teamwork Empathy Friendship Learning how to follow Learning how to lead Online Behavior Respect for one another Respect for others belongings <u>LEAD LEAD LEAD</u> <u>TEAM TEAM TEAM</u>