

SENIOR PREP TEAM TRAINING SCHEDULE

STARTING MARCH 1st, 2025

STARTING MARCH 1st, 2025			SKILL REQUIREMENTS			EXPECTATIONS		
Day of the Week	Practice Times	Workout Type	Minimum Distance:		Minimum Knowledge:	Training Attendance:		Competition:
MONDAYS	6:30 pm to 8:00 pm	SWIM	100 FR non Stop		Understanding how to use the pace clock	Swimmers in this group are expected to attend, but we understand that they have other commitments on hand.		SENIOR PREP Team is expected to attend all DCS Home meets, but has the option of attending the Travel meets
TUESDAYS	OFF		100 BK non Stop		Commitment to learning and improving	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		The coach will select all meet entries with input from the swimmer.
WEDNESDAY	6:30 pm to 8:00 pm	SWIM	Must be able to swim 50 of all strokes					
THURSDAY	OFF							
FRIDAY	5:30 pm to 6:30 pm	SWIM						
SATURDAY	9:00 am to 11:00 am	SWIM						
<p>SENIOR PREP TEAM:</p> <p>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.</p> <p>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.</p> <p>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.</p>			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		Optimizing time for the priorities in each swimmer's life which also includes the athlete's social life	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					