

NORTH PALM BEACH SWIM CLUB
Senior Team

Minimum age 13(12 at coaches discretion)
Maximum Age Post-Collegiate

Training	External Training Factors	Performance	Character Development
<p><i>Technique</i></p> <ul style="list-style-type: none"> Has completed a legal 200 of each stroke Completed a legal 400 IM with transition turns Knows advanced stroke drills Able to maintain stroke rate and times in training sets <p><i>Knowledge</i></p> <ul style="list-style-type: none"> Understands relationship between personal commitment level and results Understands relationship between distance per stroke, stroke rate, and swimming speed Understands difference between aerobic and anaerobic training Sets seasonal and daily practices goals 	<p><i>Nutrition</i></p> <ul style="list-style-type: none"> · Demonstrates eating a balanced diet and basic fuels used during swimming training · Eats healthy snacks · Brings water bottle to practice for proper hydration <p><i>Time Management</i></p> <ul style="list-style-type: none"> · Commitment to 100 % of all practices. · Swimming is the number one extracurricular activity <p><i>Stress Management</i></p> <p>Prioritizes school work, activities, and other commitments including swimming.</p> <p><i>Time Frame</i> Has been in Gold Group for at least one year.</p>	<p><i>Competition</i></p> <ul style="list-style-type: none"> · Two Sectionals Times (other than Breaststroke) or One Junior National Time. <p><i>Training</i></p> <p>Must complete each of the following sets</p> <ul style="list-style-type: none"> 4 x 400 IM on 6:00 12 x 100 Kick on 1:50 24 x 100 Free on 1:20 <p>Must complete one of the followings sets:</p> <ul style="list-style-type: none"> 18 x 100 Free on 1:10 18 x 100 Back on 1:20 18 x 100 Breast on 1:30 18 x 100 Fly on 1:20 	<p><i>Sportsmanship</i></p> <ul style="list-style-type: none"> · Understands the importance of the team · Demonstrates proper meet behavior (i.e., not throwing caps and goggles, etc.) · Congratulates teammates regularly <p><i>Social Skills</i></p> <ul style="list-style-type: none"> · Swimmer is not influenced by the negative behavior or actions of teammates · Understands and takes responsibility for attendance and performance, habits in practice and how these relate to meet performance. <p><i>Team Commitment</i></p> <ul style="list-style-type: none"> · Knows 3 younger team member and his/her events · Competes in the highest level of competition qualified. · Actions show dedication to the team and promote values of the team.