

BARRAJUDA



AQUATICS CLUB

BAC Senior Team Alignment

Senior I

Age Range: 12* and Over

Practices per week: 5-6

Practice Duration: 2.0 hours main practices

Training Groups: Swimmers in this group will be all placed into one training group – Middle Distance.

Requirements: Swimmers in this group should be trying to achieve specific, identifiable goals.

Meet Expectations: Swimmers are encouraged, but not required, to compete in at least two in-season swim meets and in their highest qualified championship meet

Limitations: No two-a-day practices offered & no between season dryland practices offered

Description: The Senior I group is like a normal school class. Swimmers in this group have outside interests and commitments after family and school. This group is for highly motivated individuals trying to achieve specific, identifiable goals within and/or outside the BAC structure as well as basic mastery of the four competitive strokes and basic training concepts. For example, trying to get significantly better for high school swimming, improving specific techniques, improving race strategies, achieving a higher time standard, etc. This group has no attendance requirement. Attendance is still tabulated every 3 weeks and will be posted at the pool. All Junior members will spend at least 1 practice per week in the Senior 1 group to determine their fitness and readiness to either stay in the Junior group or move to one of the Senior groups for the next season.

Senior II

Age Range: 13* and Over

Practices per week: 5-9. Between season dryland practices may be offered based upon coach availability.

Practice Duration: 2.5 hour main practice plus 1 hour morning weekday practices offered during the school year & 1.5 hour afternoon weekday practices offered during the summer

Training Groups: Swimmers will be placed into training groups based upon their development and best events. Training groups offered will be: Sprint, Middle Distance, Distance.

Requirements: Swimmers in this group should be trying to achieve specific, identifiable goals. 85% main practice attendance is required from the start of the swimmers' season. Also, swimmers in this group must start their season with at least 75% of the season left or more than 50% left if they were participating in another sport prior to starting their BAC season.

Meet Expectations: Swimmers are required to compete in at least two in-season swim meets & in a championship swim meet. They will be encouraged to swim in their highest qualified championship swim meet. Swimmers in this group will be directed towards certain meets that will be critical to their individual goals.

Limitations: None

Description: The Senior II group is like an Honors Class. This group is for highly motivated individuals who are trying to achieve specific, identifiable goals within the BAC structure (for example State cuts, Speedo Sectionals, NCSA Junior National cuts, etc.). This group has an 85% attendance requirement. Attendance is tabulated every 3 weeks and will be posted at the pool. After 3 weeks, if a swimmer is not in compliance with the 85% attendance requirement they then will have the next 3 weeks to get to 85% on a fresh cycle. If at the end of those 3 weeks a swimmer does not hit 85% within those weeks, they will be moved into the Senior I group with **no refund of the fee difference**.

Excused Absence: The only absences that do not count against the 85% attendance requirement will be any school related activity that the coaching staff knows about in advance of the practice or practices missed.

*Some exceptions to a group's age range may be made by the coaching staff in order to ensure each swimmer is in the most appropriate group for their skill and development level. Newer swimmers may need to start in a younger or less advanced group in order to gain fundamental stroke technique. Our goal is always to get each swimmer into an age-appropriate group with their peers as soon as they have mastered the necessary skills.