

Senior Performance


Head Coach: Courtney Desjardins

Assistant Coach: Rachel Clinton

"Accelerated Learning, Purposeful Practice, Knowledge Is Power"

"Training to train, training to race, training to win"

The emphasis of this group is to prepare the Athlete for Senior level competition and training. Senior Performance athletes will begin to learn the process of training and competing at a higher level of performance and expectations. The goal will be to understand, instill and apply the importance of a competitive sport lifestyle. To lead with team spirit and club identity. The athletes will show a high degree of desire, commitment, and accountability. They will continue to pursue and increase their technical, mental, and physical endurance and execution. All the while challenging themselves and their teammates. Swimmers in this group will be a part of a seasonal plan that will support the competitive competition cycles. Athletes within this group understand that the Senior Performance group means that the swimmer is dedicated to their chosen sport and is willing to begin the process of their individual training journey. Athletes embracing the Senior Performance program will begin to discover the world of high-performance swimming. The coach/swimmer relationship will begin to grow and together we will work towards reaching the swimmer's maximum potential in competitive swimming.

A photograph of a swimmer in a pool, viewed from below. The swimmer is in a streamlined position, gliding through the water. The pool's lane lines are visible on the bottom. The water is a deep blue color.

"Don't lower your expectations to meet your performance. Raise your level of performance to meet your expectations. Expect the best of yourself, and then do what is necessary to make it a reality."

Ralph Marston