

Youth Senior Development/Performance

Head Coach: Courtney Desjardins

Assistant Coach: Rachel Clinton

"Applying the Lessons with Purposeful Practice"

"Training to Train, training to race"

The emphasis of this group is to continue the preparation for the Youth Senior athlete for competition and training. The focus will be on creating the opportunity for the athlete to swim higher volumes related to ability. To challenge higher speeds with the least amount of resistance. They will continue to pursue and increase their technical, mental, and physical endurance and execution. As Youth senior athletes 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. All the while challenging themselves and their group 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 their sport commitments, that their continuous investment will translate into success if one is fully committed. To continuously pursue their personal goals within competitive swimming. Athletes embracing the Youth Senior program will begin to discover the world of high-performance swimming within a group of peers. The coach-swimmer relationship will begin to grow and together we will work towards reaching the swimmer's maximum potential in competitive swimming.

