

Sea Lion Training Groups

Swimming Basics

1st year swimmers and 8 and under swimmers
Learning how to swim all 4 strokes
Emphasis on learning basic technique and rules
Practices are 60 minutes
5 days a week in the summer and 2-3 days a week in the winter

Age Group Swimming

Swimmers with more than a year experience
Swimmers 9-14 years old
Improving fundamental stroke technique in all strokes
Improving conditioning
Basic Dryland Training
Practices are 90 - 120 minutes
Practice 3-5 times a week
Swimmers are expected to participate in majority of meets
Parents are expected to become involved with the team
(Pool Maintenance, Meet Hosting, Car Pooling, Board Membership)

Senior Swimming

Swimmers with several years experience
Swimmers 13 and older
Refine Technique
More focus on conditioning
Additional Dryland Training
Practices are 90 - 120 minutes
Practice 5-8 times a week
Swimmers are expected to set goals and show a level of commitment to swimming
Swimmers are expected to show leadership during practices and at meets,
and assist coaches as needed
Swimmers are expected to become good role models for the younger swimmers
(Exhibit Good Character and Sportsmanship)