

Senior Grey Group Facts and Info

Senior Grey Group is designed as a bridge from Senior White to Senior Black or a spot for an athlete to have appropriate level work for their abilities and still have the ability to be a part of Team One should they meet the requirements.

General Facts

- This group can be used to provide a smoother transition into the Senior Division for those Junior Black athletes who are qualified for Team One. This allows time for the athletes to orientate to double workouts and the increased workload that comes with the Senior Division.
- Slightly less volume and intensity from Senior Black which is better suited for athletes in this group as determined by staff
- Better supporting of outside activities from swimming
- Ability to be a part of Team One Travel Meets

School Year Schedule:

- Monday and Friday Mornings Swim with Senior Black
- Monday through Thursday Afternoons Swim, Strength and Core with Senior White
- Friday Afternoons Combined Senior Black and Senior White
- Wednesday Morning Normal Senior Optional workout (when offered)
- Saturday Morning with combined Senior Black and Senior White swim

Summer Schedule:

- Monday through Thursday Mornings Swim and Core with Senior White
- Monday and Wednesday Afternoons Swim and Strength with Senior White
- Friday Morning swim with Senior Black
- Friday afternoon swim with Senior White
- Saturday Morning with combined Senior Black and Senior White swim

Commitments: Same as Senior Black- 93% with expectation of 100%

Apparel:

Team One Gear is available for those that meet the time standard expectation of at least one sectional cut.

<https://forms.gle/VUgnWXmc2DLsJ6nb8>

Meet Expectations: All CA Meets are required and athletes should plan to attend State and the Team One End of Season Competition/s.

Ongoing Evaluation / Move Up to Senior Black:

During the swim year Coach Mixon and the other senior coaches will evaluate when your athlete is ready to take the next step. Or if determined Grey is the best place for your athlete's success