

Senior Prep

The Senior Prep squad is designed to bridge the gap between our Junior Competitive program and our Senior Competitive program. The Senior Prep squad is for swimmers who have demonstrated a commitment to training and competition. The Senior Prep squad is for competitive swimmers, and is also supportive of swimmers involved in other pursuits such as surf. In order to be eligible for the Senior Prep squad, swimmers must:

1. Be a registered member of Warringah Aquatic Swim Club
2. Commit to a minimum of 4 sessions per week
3. Have a training and competition plan approved by the Head Coach

All swimmers in the Senior Prep Squad are expected to display an ongoing commitment to their training and competition, and all positions in the squad will be reviewed on a regular basis.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Prep	5:30-7AM	5-6:30PM	5:30-7AM	5-6:30PM	5:30-7AM 5-6:30PM	6:30-8:00AM
		Dryland 4:15-5pm		Dryland 4:15-5pm		