

Senior Performance

The Senior Performance program consists of State, National Age, and National Open qualifiers, who have demonstrated a commitment to training and competition. In order to be eligible for the Senior Performance program, swimmers must:

1. Be a registered member of Warringah Aquatic Swim Club
2. Display an ongoing commitment toward improving all aspects of their swimming
3. Satisfy the requirements of the individual training and competition plan as outlined by the Head Coach

The Head Coach will set individual training and competition plans for every swimmer in the Senior Performance program based on a number of factors including the swimmers:

1. Goals
2. Age
3. Past training and competitive experience
4. Current level of ability
5. Potential to improve

These factors will guide important aspects of the training and competition plan, including the number of training sessions to be completed per week, targeted club competitions, and individual and relay event selection. Coach-swimmer-parent meetings will take place before a swimmer is placed in the Senior Performance squad.

Current Senior Performance Timetable

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Performance	5-7AM 5-6:30PM	5-6:30PM	5-7AM 5-6:30PM	5-6:30PM	5-7AM 5-6:30PM	6:30-8:30AM
		4:15-5pm DRYLAND @ WAC		4:15-5pm DRYLAND @ WAC		