

MADISON GROUPS:

JUNIOR PREMIER



We have our Madison-based programming split into 3 different age groups, and we have 3 groups offered for each age level. This allows us to provide an appropriately challenging practice for all of our swimmers. At the younger ages, swimmers are grouped primarily based on their age and secondarily on their swimming abilities. As swimmers age their swimming performance, the ability to train to the standard of the group, and especially a swimmer's commitment level become more important factors. You can check out all of our Madison group descriptions on our website.

Ultimately, placement of swimmers into their groups is determined by the coaching staff. But we want families and swimmers to use these group descriptions as a guideline and also to be aware of expectations for practice.

A TYPICAL JUNIOR PREMIER SWIMMER...

- Has a strong commitment to BAC and to the sport. Swimming is their priority activity, and their goals are primarily performance driven.
- Is in 6th - 8th grade.
- Is expected to attend the majority of practices, every single week.
- Has considerable workout and training experience, and is consistently looking to perform in practices
- Recognizes the fundamental importance of dryland training and is preparing for the increased expectations in dryland performance at the Senior level.
- Will enthusiastically participate in any and all events offered for their age group and will work with coaches to select varied events at different meets.
- Is expected to participate in a meet each month during the season, attend any 'time standard meets' they qualify for, and is required to participate in season-ending meets
- Currently has (or is expecting to get) [13-14 state cuts](#)
- Promotes and enhances BAC team culture by modeling everything expected of a Senior swimmer - most importantly a positive attitude and approach toward swimming!

A Junior Premier Swimmer generally matches the description for each of these bullet points, and will be expected to maintain these standards for the duration of their swimming in the Junior Premiere group.