

MADISON GROUPS:

SENIOR



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 SENIOR SWIMMER...

- Is highly motivated and committed to the sport and to BAC on a year-round basis.
Ideally Senior swimmers are looking to make the qualifications to join Senior Premiere.
- Is in 8th – 12th grade and has extensive USA Swimming experience.
- Is expected to attend a high majority of practices, every week of the season
- Is driven to complete challenging workouts and is focused on improving race strategy and execution.
- Recognizes the fundamental importance of dryland training and understands that performance in those workouts is directly tied to performance in the pool.
- 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.
- Will compete in meets as determined by the Senior Group coach, including a formal 'season-ending' taper meet each season.
- Currently has (or is expecting to get) multiple [Senior state cuts](#)
- Promotes and enhances BAC team culture by demonstrating exceptional qualities of leadership, behaving as an exemplary teammate, and serving as a role model for others!

A Senior Swimmer 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 Senior group