



RAYS National Group

The RAYS National Group is the highest level of progression for all swimmers on RAYS ages 15 and over. The purpose of this group is to develop a cohesive training group that will allow swimmers to reach their highest level of swimming. The swimmers in this group have a focus of being competitive at the LSC, State, Zone, Sectional, and National levels. They are also expected to display leadership qualities and characteristics that will properly represent RAYS at all times.

Training will consist of increased volume/yardage, however, not at the expense of proper technique and mechanics. Along with the in water training there will also be a dry land training program focusing on core strength, flexibility and explosive power.

National Group swimmers will also become more goal-oriented with a focus on working towards swimming at the next level (National Level or College). We will continually meet throughout the season to discuss, plan and set up individual goals. Short term, mid-term and long term (yearly/future) goals will be addressed and tracked.

Practice

For the National Group workouts are offered 6 days a week with 9 training sessions offered each week. Weekday workouts vary from 1.5-2.5 hours and 2 hours on Saturdays. During these times there will be scheduled dry land training.

Each swimmer is expected to maintain a practice attendance of at least 85%.

Swim Meets

Swim meets are a great way to track your swimmers progress and for swimmers to see how their work is paying off. The meet schedule is posted on the RAYS website under the "Meets" Tab and are typically twice a month. Each National swimmer will be expected to attend the highest level championship meet for which they qualify along with additional meets as the coach and swimmer deem important to achieving their goals.

Group Expectations

To enter the Senior 1 Group you must...

- Be at least 15 years old
- Have 1 sectional time standard and/or have Head Coach Approval/Recommendation
- Maintained 85% practice attendance while in Gold or Silver

Training Equipment - Required

- Goggles (two pairs)
- Pull Buoy
- Strokemaker Paddles
- Fins
- Ylon Snorkel
- Practice Suit: No board shorts or two piece suits

Competition Apparel - Required

- Racing Suit
- RAYS Swim Cap
- RAYS T-shirt.