

SRE and SR groups:

The following list details the standards that we believe are necessary to truly compete at your highest level. The creation of the SRE was specifically designed to decrease the number of SR swimmers in a lane, increase the coach to swimmer ratio and allow for all Storm swimmers to be better prepared to achieve their highest potential in the water. All swimmers in all groups are welcome to familiarize themselves with these guidelines and utilize in their own training, but we feel at the SR level is when an athlete can gain the most from them.

The Basics to be included in the SRE group:

- 90% attendance mandatory
- Attend all of the meets that are scheduled for the group
- Attend your highest level meet of the season
- Do as your coach asks 100% of the time
- 13 years of age and older (during the season registered for, exceptions can be made)
- Equipment Bag needed at all practices: Zoomers, Snorkel, Nose Plug, and Hand Paddles. Optional: Kick Boards and Pull Buoys.
- Bring an energy drink for use during workouts, and a recovery drink for use after workouts.
- Maintain a daily log of workouts and meet performances
- There will be no shaving of the body for the last 5 weeks leading to highest level meet.
- 4 Excused absences allowed per 16 week season that do not count against your attendance

The intent of this group is to allow for the club to evolve into one of the elite clubs in the nation. This group will focus will be on performance in the specific season that they are enrolled in. Those seasons are Fall (12 Weeks), Winter (12 weeks) and Spring/Summer (16 weeks). Each season will culminate with a taper/shaved meet where life time bests are the expectation. If demand and compliance expands additional availability may be made, or group standards of enrollment may increase.