

| Group | Description | Does my swimmer fit? | Practice expectation |
|-------------------|--|---|----------------------|
| Breakers | Designed for swimmers looking to move beyond swim lessons and get their first taste of competitive swimming. Coaches work with new athletes to develop all our technical strokes, butterfly, back, breast and freestyle. Additionally, swimmers are introduced to proper start and turn techniques. Above all else, coaches stress fun, technique and a passion for the sport at this level. | Ability to swim 25 yards in under 1 minute without stopping or relying on an aid, such as the wall, lane line, pool bottom, or the instructor. | 2/week |
| Riptide II | Riptide swimmers begin to add speed and power to the technical strokes learned on the Breaker Team. A process of (a) Instruction (b) Practice and (c) Critique are continually employed to provide constant feedback to the swimmer--all with the intent to master strokes, starts and turns. | Ability to legally demonstrate all our strokes in a complete, legal 100 IM. | 2-3/week |
| Riptide I | Riptide swimmers begin to add speed and power to the technical strokes learned on the Breaker Team. A process of (a) Instruction (b) Practice and (c) Critique are continually employed to provide constant feedback to the swimmer--all with the intent to master strokes, starts and turns. Have shown the dedication and commitment to make swimming a priority sport, and are pursuing a place on the Tsunami team | Ability to legally demonstrate all our strokes in a complete, legal 100 IM. | 3-4/ week |
| Tsunami | The Tsunami Team is reserved for those dedicated swimmers, 14 and under, working towards regional and USA-S meet standards/times. The group continually works to improve conditioning and strokes, fine-tune starts, turns and finishes with the goal of improving race times. This is an excellent program for the advanced elementary- and middle-school-aged swimmers looking to qualify for LSC and state championships and preparing to make the leap to Jr. Nationals. | A Tsunami-level swimmer shows a distinct level of dedication to the sport, in addition to qualifying for LSC championships in 2 or more events. | 4-5/week |
| Senior II | The Senior II team is reserved for those dedicated swimmers, 13 and up, working towards LSC championships, TAGS, high school regionals and beyond. The group continually works to improve conditioning and strokes, fine-tune starts, turns and finishes with the goal of improving race times. This is an excellent program for the swimmers 13 and up, looking to make High School regionals and progress to the Senior I team. | A Senior II swimmer is an accomplished swimmer who has chosen swimming as a primary sport. | 4-5/week |
| Senior I | The Senior I team is for our advanced swimmers. Training emphasizes goal-setting and mental preparation for reaching state and national level swimming. Swimmers will focus on conditioning and detailed stroke technique while incorporating dryland fitness programs into their overall training routine. Attention to the small details that separate champions from runner-ups is critical at this level. | Dedication to swimming as a priority is required. A Senior I can expect to qualify for High School regionals and in USA-S Sectional and Zone meets. | 5-6/week |