

Group	Description	Qualifying Criteria	Practice Frequency
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 four 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 25yards under 1minute w/o stopping or relying on an aid, such as the wall, lane line, pool bottom, or an 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 3-4 legal strokes. Complete a 100 IM without touching the bottom.	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.	Ability to legally demonstrate all four strokes in a complete, legal 100 IM. Have shown the dedication and commitment to make swimming a priority sport, and are pursuing a place on the Tsunami team	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 earn their STAGS and TAGS and preparing to make the leap to Jr. Nationals.	In order order to qualify for the Tsunami team, a distinct level of dedication must be demonstrated, in addition to qualifying for STAGS in at least 2 events. Approval from both Tsunami and team Head Coach are required.	4-5/week
Senior II	The Senior II team is reserved for those dedicated swimmers, 13 and up, working towards making STAGS, 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.	In order order to qualify for the Senior II team, a swimmer must be 13 years or older, and demonstrate a distinct level of dedication in choosing swimming as a primary sport. Approval from the team Head Coach is required.	4-5/week
Senior I	The Senior I team is for our advanced swimmers. Coaches emphasize goal setting and mental preparation for reaching the state and national level of 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 sport is required. Swimmers should be able to qualify for High School regionals in individual events. Approval from the Head Coach is required.	5-6/week