

TRIDENT *WAVE*

SWIM TEAM

Trident's *WAVE Swim Team* is the recreational competitive team at Trident Aquatics Club. For swimmers who have successfully learned their foundational swimming skills, there is a place for everyone! At Trident, we have arranged our competitive swim programs to help newer swimmers take the next step in our sport, and progress as high as their aspiration and commitment can provide! We lead two competitive teams: (1) Trident Aquatics Club, a team for advanced swimmers who have an "all in" commitment to swimming, and (2) our Trident Wave team, which is intended to be a fun, lower-pressure, yet quality training program for swimmers aged 10-18.

Members of our *WAVE* team are coached by professional Trident coaches, whose objective is to help every swimmer advance in their skills, endurance, performance and enjoyment of our sport. While many swimmers may not aspire to move up to a higher level of competition, we do want advancement to become an option for many. Accordingly, *WAVE* swimmers may become eligible to join Trident Aquatics' more competitive club team. Each training group has clear, written requirements, and coaches will work with each swimmer as an individual on a path towards achieving their goals.



Participating in competition (USA sanctioned, unsanctioned and/or recreational meets) will be available for all swimmers, but is not required. Learning and having fun are our top goals!

This swim team is perfect for:

- Swimmers who are new to competitive swimming, and would like to receive professional coaching.
- Swimmers who want to enjoy all the fun of swimming with teammates who share the same goal!
- Swimmers who want to learn to compete, but may not yet want (or be ready) to compete at a higher level...or aren't ready to "dive in" full time to this sport.
- Athletes interested in making swimming their secondary or third sport / activity.
- Young people who are still acquiring key technical swimming skills, endurance and the overall ability to successfully complete team practices.
- High school swimmers, in and out of season, who would like to receive more attention on their technique and build endurance.
- Swimmers who may not want to swim year-round, but do want to participate in the sport
- Swimmers who may not be able to commit to attending 3-4 workouts every week
- Swimmers who have graduated from our Blue Wave 2 group and are ready to take the next step in our sport!

Minimum Requirements

- Age 10-18
- Basic understanding of the four strokes (Freestyle, Backstroke, Breaststroke, Butterfly)
- Must register with USA Swimming (for insurance, educational and meet entry purposes)
- Minimum training equipment: goggles, snorkel, paddles, pull buoy, kick board, mesh bag
- Must demonstrate the desire and ability to be a good teammate, be engaged, follow coaches instruction and be supportive in a positive manner.

Practice Schedule

Monday, Wednesday and Friday, 7:45-8:45pm

Team Costs

USA-S Registration \$99 includes registration to USA Swimming for one year

Monthly Dues \$75 per month (includes 3 workouts per week & General

Equipment Costs: To train well and make great progress, we must have the right gear!

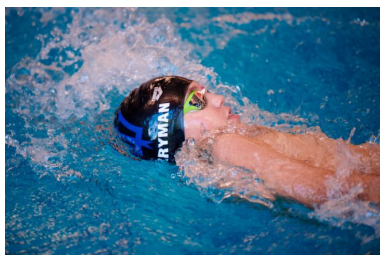
Swimmers will need: goggles, paddles, fins, snorkel, kick board, backpack, mesh bag. (Equipment is available in our swim shop)

Next Steps....

New swimmer evaluations are available the last week of each month. To request an appointment with a coach, families may visit the NEW SWIMMER page on the team website (www.TridentAquatics.Club) to request an evaluation.

Upon the completion of each swimmer's observation, coaches will offer their recommendations for next steps. Please note that the total number of roster positions is capped, and there is the potential that the team roster is full on a particular month. The three most common outcomes of a coach evaluation are:

- 1) An invitation to participate, and ultimately, join Trident Wave Swim Team**
- 2) An invitation to participate, and ultimately, join Trident Aquatic's Competitive Team**
- 3) Based on a coach's observation of a swimmer's skills and endurance, a coach may recommend that a swimmer participate in a specific number of stroke classes within our swim academy, and in a group or private structure.**



Prospective swimmers and their parents are also strongly encouraged to observe a team practice, to help inform families on what practices look like, distances swimmers go during a typical practice, etc.