

NATIONAL

Practice is offered nine times per week on average. Practices may be added/subtracted at coach's discretion. Practice will consist of both dryland and swimming workouts.

The TIDE National program is designed with the intention of providing the curriculum and atmosphere necessary for success at all levels of national and international competition.

The National swimmer is a positive, hard-working representation of the TIDE and USA Swimming core values: to build the base, promote the sport, and achieve competitive success.

The TIDE National athlete's actions and goals reflect the vision of USA Swimming: *To inspire and enable our members to achieve excellence in the sport of swimming and in life.*

Standards of TIDE National Group:

- 100% attendance
- Actions and attitudes match goals of group
- Attend all competitions as recommended by National coach
- Athletes must compete in and wear attire manufactured by sponsoring manufacturer - SPEEDO - during all practices and competitions
- Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Limited interference from high school competitions. No interference from high school practices
- No High School or Summer League meet shall interfere, in any way, with a USA swimming meet that is on the schedule
- Active in club fundraising or clinics offered for younger club members
- Must live lifestyle appropriate for achieving greatest personal success
 - Nutrition
 - Strive for at least 8 hours of sleep/night
 - No illicit drugs or tobacco products
- Parental involvement in swimming decisions at a minimum
- Display history of above requirements BEFORE being allowed into National group
- Ability to train at or above a level appropriate for current experience and speed
- Willingness to perform every event (every distance) recommended by National coach
- National coach has final say in group appointments

Goals of TIDE National Group:

- National Swimmers are expected to do everything within their power to reach their own personal potential
 - National Swimmers will strive to consistently place at US National and Junior National championships and be appointed to US National Teams
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SENIOR

Practice is offered eight times per week on average. Practices may be added/subtracted at coach's discretion. Practice will consist of both dryland and swimming workouts.

Program is intended to provide both a stepping stone for athletes intending to be successful in the TIDE National program and also provide a demanding and comprehensive training program for those athletes who cannot meet the attendance and/or training expectation of the TIDE National program. Note on training: Once swimmers are fully grown and are promoted as far as the senior program, they must train more and better than they did when they were younger to continue to improve (swim faster).

The Senior swimmer is a positive, hard-working representation of the TIDE and USA Swimming core values: to build the base, promote the sport, and achieve competitive success.

The TIDE Senior athlete's actions and goals reflect the vision of USA Swimming: *To inspire and enable our members to achieve excellence in the sport of swimming and in life.*

Swimmers entering the Senior program should be at least a High School Freshman

Expectations of Senior Group

- Actions and attitudes match goals of group
- Attend Senior and Open competitions as recommended by National coach
- Athletes must compete in and wear attire manufactured by sponsoring manufacturer - SPEEDO - during all practices and competitions
- Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Limited interference from high school competitions.
 - No High School or Summer League meet shall interfere, in any way, with a USA swimming meet that is on the schedule
- Active in clinics offered for younger club members
- Must live lifestyle appropriate for achieving greatest personal success
 - Nutrition
 - Strive for at least 8 hours of sleep/night
 - No illicit drugs or tobacco products
- Willingness to perform every event (every distance) prescribed by Senior coach
- Senior coach has final say in group appointments
- Parental involvement in "wet side" decreases as communication moves more from parent-coach to athlete-coach
- Athletes must conduct themselves in a manner appropriate to actions needed to promote and support the goals of the team
- Display ability to train appropriately for the athlete's experience and stated goals

Goals of Senior Group

- Strive to be competitive with any other Senior group in the region (without National)
 - Prepare athletes for success at a US Open, Sectional, State level and for movement into National group (if so desired)
 - Swimmer learns to accept the responsibility for his/her performance
 - To consistently improve commitment level and training/racing ability from season to season
 - Continue becoming more fluid in swimming
 - Actively improve distance per stroke
 - Learn leadership skills
 - Swimmer understands and performs personal race strategies
 - Swimmer demonstrates an ability to balance school, social, swimming and family
 - Swimmer can effectively communicate her/his commitment to her/his parent, coach and teammates
 - Swimmer knows the team goals and will take an active part in developing specific and attainable practice group goals
 - Swimmer understands the relationship between his/her personal commitment level and results
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POWER

Practice is offered seven times per week on average. Swimmers are strongly encouraged to attend all practices as skills and progressions build from one practice session to another. Practice will consist of both dryland and swimming workouts.

Power Group is focused on taking athletes and aiding their development as swimmers.

Power Group will meet the needs of athletes coming from other sports, high school swimming or a swimmer currently in the TIDE program who is still working on translating dryland power into aquatic speed. Technique is the primary focus with speed, power and explosiveness playing large roles.

Swimmers entering the Power program must be at least a High School Freshman

Expectations of Power Group

- Athletes must compete in and wear attire manufactured by sponsoring manufacturer - SPEEDO - during all practices and competitions
- Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Athletes must conduct themselves in a manner appropriate to actions required to promote and support the goals of the group
- Display ability to train appropriately for the athlete's experience and stated goals
- Attend appropriate TIDE participating meets as determined by lead coach

Goals of Power Group

- Continue becoming more fluid in swimming (no splashing)
 - Actively improve distance per stroke
 - Translate power and athleticism developed in dry land training to speed in the water
 - Learn leadership skills
 - Provide an effective training program to swimmers who may have not come up through the TIDE system
 - Swimmers will learn to actively monitor and improve their stroke technique
 - Swimmer understands and takes responsibility for attendance and performance, work habits in practice and how these three relate to meet performance
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REGIONAL

Practice is offered six times per week on average. Practices may be added/subtracted at coach's discretion. Practice will consist of both dryland and swimming workouts. The regional group is the first group within the TIDE program with attendance parameters.

This program is intended for the age group swimmers that have goals of pursuing their swimming career as far as possible. The practice direction, structure and difficulty will be designed to maximize each athlete's short and long term potential in the sport.

Minimum age for entry into this group is 10 years old. Requirements to enter Regional Group, candidates should demonstrate ability to complete 4 of the following 5:

- Display intention of adhering to attendance expectations before moving into group
- 11-12 VA Age Group Champs qualifying times in 5 or more events
- Racing history in every event available
- Under 2:30 in 200yd freestyle
- Kick 1x50 under :45 with fins

Standards of Regional Group

- 90% attendance
- Actions and attitudes match goals of group
- Attend competitions as recommended by Regional coach
- Athletes must compete in and wear TIDE attire manufactured by sponsoring manufacturer - SPEEDO - during all practices and competitions
- Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Limited interference from Summer League competitions.
 - No Summer League meet shall interfere, in any way, with a USA swimming meet that is on the schedule
- Willingness to perform every event (every distance) prescribed by Regional coach
- Regional coach has final say in group appointments
- Athletes must conduct themselves in a manner appropriate to actions needed to promote and support the goals of the team
- Display ability to train appropriately for the athlete's experience and stated goals

Goals of the Regional Group:

- To consistently improve commitment level and training/racing ability from season to season
 - Achieve USA Swimming Top 10 time standard
 - Final in events at Age Group Champs Meet
 - Win relays at Age Group Champs Meet
 - Achieve Age Group Champs time standard in every stroke and 200 IM
 - Continue to develop goal setting skills
 - Improve proficiency in turns
 - Use underwater fly kicking as a tool in racing
 - Continue becoming more fluid in swimming (no splashing)
 - Kick 50scm with fins under :40
 - Begin to actively improve distance per stroke
 - Learn leadership skills
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AGE GROUP (White and Blue)

From the TIDE group, athletes transition here. Swimmers entering the Age Group level are usually at least 8 years old and must complete the Goals of the TIDE Group highlighted below (or equivalent), plus three of the following four:

- 8x25 scm @ :45 IM order
- Swim under 1:30 in 100YD freestyle
- Swim under 1:50 in 100YD IM
- Kick 1x50 scm with fins under :55

Workouts are offered three to four days a week. There are no practice attendance expectations for this group, but the recommended attendance is as follows:

Age	Years Of USA Swimming Experience	Weekly Workout Number
8-10	1	3
9-10	2+	3-4
11-12	1	3
11-12	2+	3-4
13	1	4

If you cannot attend the prescribed number of practices, please attend at least three workouts per week to see improvement in stroke technique, comfort in the water and with their teammates, and “feel” for the water.

Practice duration is approximately 90 minutes.

One hour of that time will be spent in the water. Thirty minutes will be dedicated to dry-land training.

Expectations of Age Group

- Actions and attitudes match goals of group
- Attend competitions as recommended by Age Group coach
- Athletes must compete in and wear TIDE attire manufactured by sponsoring manufacturer - SPEEDO - during all practices and competitions
- Must conduct themselves with honor and selflessness at all competitions regardless of circumstances
- Willingness to perform every event (every distance) prescribed by Age Group coach
- Athletes must conduct themselves in a manner appropriate to actions needed to promote and support the goals of the team
- Display ability to train appropriately for the athlete's experience and stated goals

Goals of the Age Group Level:

- Continue becoming more fluid in swimming (no splashing)
 - Begin to improve distance per stroke
 - Race in every stroke available over duration of season
 - Achieve VA Swimming Age Group Champs time standards
 - Improve fluidity in turns and push-offs
 - Improve dive and backstroke entry into water
 - Begin learning how to manage effort and intensity through practice
 - Learn and improve goal setting skills
 - Improve on controlling attitude and focus within workout and understand that effect on the team dynamic
 - Create a core group of 'training friends'
 - Sit with friends and teammates at swim meets
 - Listen to coaches!
 - Compete at swim meets at a rate of about one per month
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TIDE

From the Prep group, athletes move into TIDE group. Swimmers should be able to complete the 'Goals of the Prep Group' to move into the TIDE group. Tide is divided into two progressive stroke building groups (TIDE White and Blue). Each group builds on previous skill acquisition. The swimmer will learn basic body positions through drills and build into full stroke swimming.

Workouts are offered two-three days a week. Athletes may be invited by their coach to swim with the Age Group practice on Saturday morning if they can keep up and have perfect attendance for the week.

Practice duration will range from one hour and to one hours and fifteen minutes. Practice time will be spent primarily in the water with dedicated time allotted for dry-land exercises meant to augment the aquatic training.

There is no attendance requirement for this group, but athletes will improve more quickly, and ***make more friends (which will make them want to come more!)***, the more often they attend workout. Meets are optional and recommended to those that are ready for the competitive environment.

Age	Years Of USA Swimming Experience	Weekly Workout Number
6-10	0	2
7-9	1	2
8-11	1-2	3

Expectations of TIDE Group

- Actions and attitudes match goals of group
- Attend competitions as recommended by TIDE coach
- Athletes must compete in and wear TIDE attire manufactured by sponsoring manufacturer - SPEEDO - during all practices and competitions

Goals of TIDE Group

- Swim 3x100 IM legally
 - Perform all turns and push-offs efficiently
 - Perform track start and backstroke start effectively
 - Achieve USA Swimming 10&Under 'A' time standards
 - Athlete is motivated to listen to coaches and try to improve
 - Courteous to other swimmers in pool
 - Athletes know their attitude affects how they swim and how others around them swim
 - Develop consistent practice attendance
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PREPARATORY

This is our entry level group. Swimmer should be able to complete the following:

- Swim freestyle across pool
- Swim backstroke across pool
- Able to jump into water.

Workouts are offered once a week. While attendance is not mandatory, consistency is necessary for improvement. It is recommended to come to at least three practices a month for regular improvement.

Practice duration is one hour. 45 minutes of practice time will be spent in the water.

There is no attendance requirement for this group, but athletes will improve more quickly, and *make more friends (which will make them want to come more!)*, the more often they attend workout.

Expectations of PREP Group

- Actions and attitudes match goals of group

Goals of PREP Group:

- Kick 4x25 scy @ :50
 - Push off and streamline to flags
 - Legally complete 25 yd freestyle and backstroke
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