

Charger Aquatics

Who Are We?

Overview

- Mission and Vision Statements
- CAQ's Core Principles
- CAQ Team Divisions and Group Structure
- CAQ Athlete Development Model
 - Philosophy and Approach

CAQ: Mission and Vision Statements

Mission Statement: What is our Purpose?

- "To Empower Young People To Be Champions In and Out of the Water"

Vision Statement: Where are We Going?

- "A Community Swim Club with National Aspirations"

CAQ: Core Principles

CAQ's Core Principles are the Foundation of our Program, Characteristics that guide all Facets of our Organization.

CAQ's Core Principles are:

- Community
- Competition
- Respect
- Intent
- Health and Well-Being
- Growth

Core Principles: Community

- CAQ is a Family Organization, understanding the value that all our membership brings to the team
- CAQ seeks to foster an Environment where our Swimmers feel a sense of Belonging in their practice groups and Team

Core Principles: Competition

- CAQ Promotes and Encourages Competition in all aspects of our Program
- Competition is a Foundation of what brings out the best in our Swimmers
 - Competition Drives Excellence
- CAQ encourages our Swimmers to bring their Passion into Competition

Core Principles: Respect

- Swimmers at CAQ learn the values of respect for Themselves, respect for their Teammates, and respect for the Coaching Staff
- CAQ Swimmers respect their Competitors, and strive to act with Integrity and Sportsmanship in all their interactions
- CAQ Swimmers and Coaches conduct themselves with Grace and Gratitude

Core Principles: Intent

- CAQ Swimmers act with Intent in practices and in their races
- CAQ Swimmers strive to put meaning behind everything they do
- Details Matter: Focus on the small things

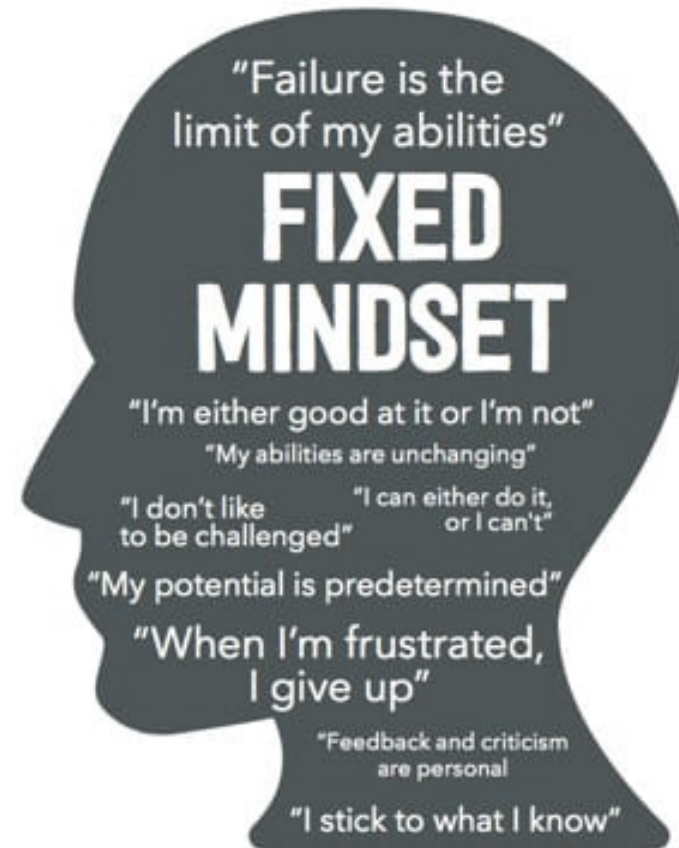
Core Principles: Health and Well-Being

- CAQ understands the value that physical fitness and swimming provides an individual's life
- CAQ strives to leave our Swimmers with a lifelong understanding of the value of physical fitness and proper nutrition
- CAQ knows the importance of a Healthy Mindset, and of maintaining one's mental health. At CAQ we strive to promote an Environment of Positivity that supports our athlete's mind, body, and spirit.

Core Principles: Growth

- CAQ is focused on the Long-Term development of our Athletes
- CAQ works to create scenarios that allow our Swimmers to grow in Mind, Body and Spirit
 - Practices, Meets, Team Travel
- Our Coaching Staff strives to teach the principles of a Growth Mindset to our Athletes

Core Principles: Growth Mindset



CAQ Divisions and Group Structure

How Charger Aquatics is Built, and Why

CAQ Team Divisions

Developmental
Program

Age Group
Program

Senior Program

CAQ Team Divisions: Developmental Program

- Entry Level Groups
- Centered around Age Groups (with some slight variability)
 - Bronze Group (primarily 8 & Unders)
 - Silver Group (primarily 8-10 Year Olds)
 - Gold Group (primarily 11-12 Year Olds)
- Developmental Program Groups are designed to account for:
 - Physical and Emotional Maturity of Swimmers in the Group
 - Peer Groups, Physical Literacy
 - *Practice Frequency/Duration/Design are built to match needs of Swimmers at the Age and Proficiency Level in the Group*

CAQ Team Divisions: Age Group Program

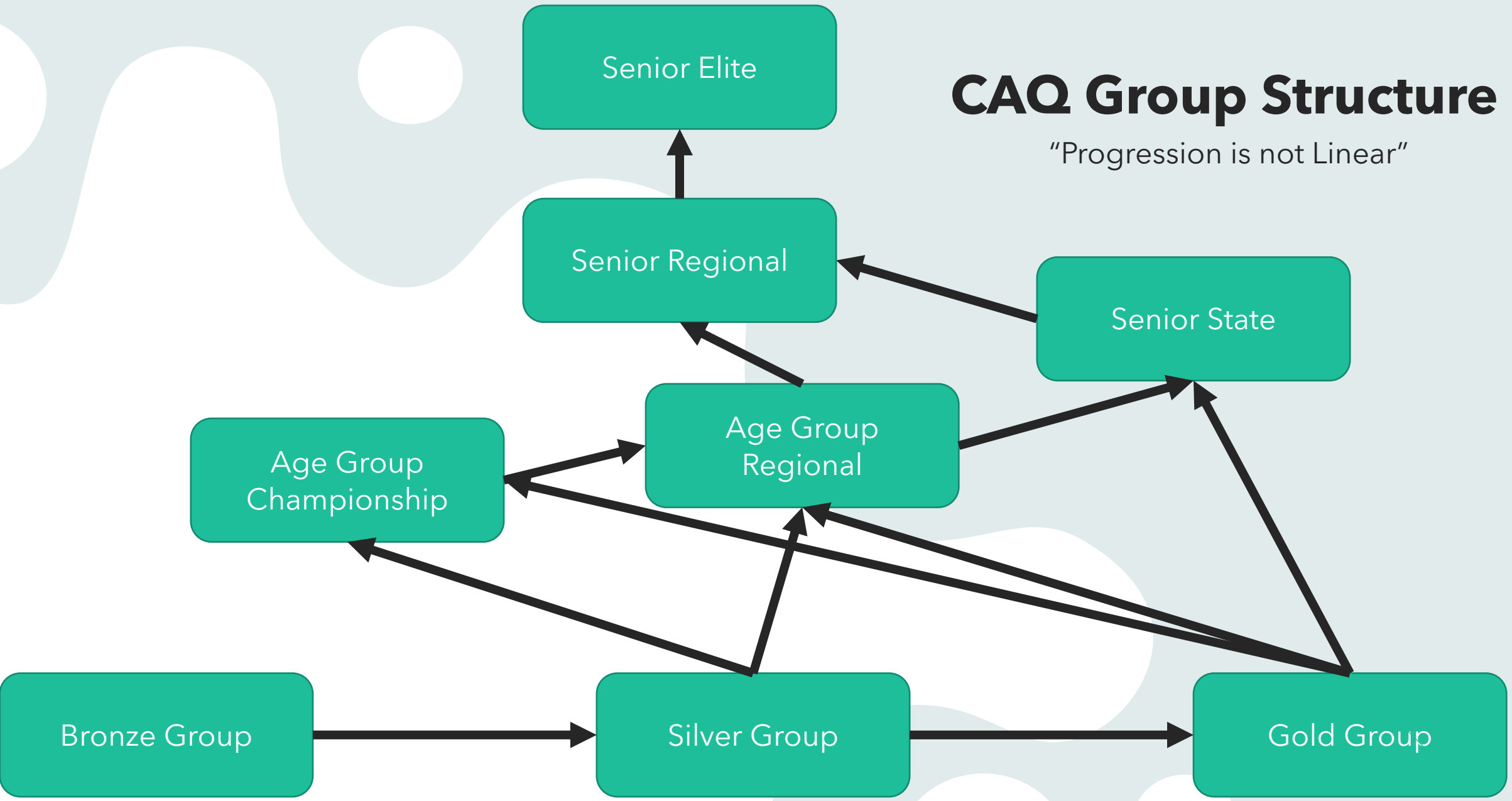
- More Experienced Groups with Higher Developed Technique
- Centered around Age Groups and Readiness
 - Age Group Championship (primarily 10 & Unders)
 - Good proficiency in all Four Strokes
 - Focused on qualifying for their first Championship meets
 - Age Group Regional (primarily 10-12 Year Olds)
 - Strong proficiency in all Four Strokes
 - Focused on qualifying for their first Regional meets
- AG Program Groups are designed to account for:
 - Physical/Emotional Maturity, Promoting Athlete-Success
 - Practice Habits, Technique proficiency, overall readiness
 - *Practice Frequency/Duration/Design are built to match needs of Swimmers at the Age and Proficiency Level in the Group*

CAQ Team Divisions: Senior Program

- Three Groups Centered around Readiness, Proficiency, and Commitment
 - Senior State (Primarily 13 & Over)
 - Abilities range from new club swimmers to State Qualifiers
 - Focused on developing technical skillset, training habits
 - Group aim to qualify for Club State
 - Senior Regional (Primarily 13 & Over)
 - Strong technical proficiency, readiness to begin higher-level training regimen
 - Group aim to compete at the Regional level
 - Senior Elite (13 & Over)
 - Highest level of technical proficiency, centered around advanced training
 - Athletes in group have elite-level commitment to their sport
 - Group aim to compete at the highest levels

CAQ Group Structure

"Progression is not Linear"



CAQ Athlete Development Model

Philosophy and Approach

CAQ Athlete Development Model: Philosophy

- Centered on Long-Term Development
 - “Less about Where We are Now, More about Where We are Going”
 - Progression through CAQ focused on maximizing the opportunities for our Swimmers down the road
- Technical Proficiency and Mastery
 - Proficiency in all Strokes, Physical Literacy
 - Detail Oriented
 - Injury Prevention
- “Building the Engine”
 - Develop the Capacity for our Swimmers to Grow and Progress at Latter Stages of Swimming Career
- Balance
 - “Meeting Our Swimmers Where They Are”
 - Physiologically, Maturity (Physical and Emotional)
 - Appropriate Expectations to Match

CAQ Athlete Development Model: Approach

Developmental Program

- Learning the Fundamentals of the Four Strokes
 - Foundation of How the Body Moves, Physical Literacy
- Maintaining Balance
 - Participation in Other Sports/Activities: Encouraged!
 - Keep Things Fun: Low Pressure, Maximum Fun w/quality Teaching

CAQ Athlete Development Model: Approach

Age Group Program

- Growing Proficiency in the Four Strokes
 - Emphasis on Developing and Competing in IM and full range of appropriate distances
 - *There are No Specialties in Age Group*
 - Beginnings of “Building the Engine”
- Maintaining Balance
 - Participation in Other Sports/Activities
 - For 10 & Unders: Encouraged
 - For 11-12: Focus on Long-Term Goals of the Swimmer, progressive-approach
 - Keep Things Fun
 - Growing discussions on commitment and dedication, but keeping it age-appropriate
 - Focused on Down the Road

CAQ Athlete Development Model: Approach

Senior Program

- Varies depending on Group
 - Senior State
 - Focused on technical proficiency, and expanding capabilities across training/competition
 - Balance: Swimmers often participate in a broad range of activities in addition to Swimming
 - Senior Regional
 - Focused on “Building the Engine”, continued emphasis on broad IM-centered training
 - Balance: Swimmers Beginning to shift towards decisions regarding other Sports/Activities based upon Goals
 - Senior Elite
 - Maximize Capabilities of the Athlete, Prepare Athletes for Opportunities Post High School
 - Broad Approach Early, More Specialization in Latter Years
 - Athletes are fully committed to their Sport, and Elite-Level Dedication
 - More individualization: Have Reached a Level where this becomes Beneficial, not Detrimental

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**“To Empower Young
People To Be Champions
In and Out of the Water”**

Questions?