

The image features two large, overlapping circles. The circle on the left is a vibrant red, and the circle on the right is a dark charcoal gray. They overlap in the center, creating a dark gray area that serves as the background for the main text.

2023-2024 Season

Welcome GTS

Simple Team Principle ---

Respect Yourself,

Respect Your Teammates,

Respect Your Coaches,

Respect Equipment.

Our Goals

The Greenwood Tiger Sharks team is open to swimmers of all ability levels, from novice to regional to national. The swimmers' progress and success is directly related to their commitment, desire, and motivation. The program is designed by a professional and USA Swimming Certified coaching staff interested in developing successful people as well as successful swimmers. With this in mind, the following team objectives have been established:

- 1 To make swimming fun and an enjoyable exercise for our athletes at all life stages
- 2 To promote physical fitness and overall healthy habits
- 3 To provide each swimmer opportunities for social, emotional, and educational development, while encouraging peer and family participation
- 4 To promote daily improvements both in and out of the pool
- 5 To promote 100% effort in each practice which illustrates to the athletes the life lesson that hard work and dedication does pay off



Balance leads to an athlete's ability to maximize practice

Registration

USA Swimming Annual Registration (SWIMS 3.0 Database)

- **Premium Membership** \$80 per swimmer
(One time annual fee per athlete. All ages.
LSC \$15, USA Swimming \$65).

OR

- **Flex Membership** \$30 per swimmer
(One time annual fee per athlete. Ages 12 and
under. LSC \$10, USA Swimming \$20).

AND

Greenwood Tiger Sharks Annual Registration

- **\$50 annual GTS registration fee**
(One time fee per athlete)

Dues

Swim team fees vary by group; monthly or annual payment options available.

Billed through Club Automation. Fee schedule upon request.

	Monthly	Monthly Multifamily	Monthly Employee	Annual Prepaid
Senior	\$120.00	\$115.00	110.00	\$1,296.00
Senior Prep	\$115.00	\$110.00	\$105.00	\$1,242.00
Senior Flex	\$115.00	\$110.00	\$105.00	\$1,242.00
Sharks	\$100.00	\$95.00	\$90.00	\$1,080.00
Sharks Flex	\$105.00	\$100.00	\$95.00	\$1,134.00
Fish	\$90.00	\$85.00	\$80.00	\$972.00
Fish Flex	\$95.00	\$90.00	\$85.00	\$1,026.00
College Plan	\$480.00			

All fees will appear on your monthly Club Greenwood monthly statement.

TeamUnify



Swims 3.0



Registration Links

Reach out to Coach Genevieve, if any issues arise.

Safe Sport Training

For Parents:

- September 13, 8 p.m. ET | [REGISTER](#)

For Athletes:

- September 13, 8 p.m. ET | [REGISTER](#)

- We are a Safe Sport Certified team thus parents and athletes above the age of 13 must complete the trainings.
 - More training dates will be release throughout the year.
- Athletes 18 years of age and older must ensure they are in good standing with USA Swimming trainings.

GTS Fall | Winter | Spring Practice Schedule

(SUBJECT TO CHANGE, Check Team Unify and news updates for latest changes.)

Senior Group

Indoor Pool	Monday, Wednesday, Friday	5:30-7:00am
Indoor Pool	Monday, Wednesday <small>Only state qualifiers and above</small>	6:30-8:00pm
Dryland	Tuesday, Thursday	4:30-5:30pm
Outdoor Pool	Tuesday, Thursday	5:30-7:30pm
Indoor Pool	Saturday	7:00-9:00am

Senior Prep Group

Outdoor Pool	Monday, Wednesday	5:00-6:30pm
Outdoor Pool	Tuesday, Thursday	4:30-5:30pm
Dryland	Tuesday, Thursday	5:45-6:30pm
Indoor Pool	Friday	5:00-6:30pm

Sharks Group

Indoor Pool	Monday-Friday	5:00-6:15pm
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Fish Group

Indoor Pool	Monday-Thursday	4:15-5:00pm
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Dryland: Please bring a change of appropriate gym clothes and shoes.

Quick Topics:

Snow Days

Youth Certification

Dryland, Pilates, Yoga

■ **Snow Days:**

- If the club is closed, then GTS will not have practice.
- Typically, we follow Cherry Creek School district regarding snow closures/delays. However, we watch weather reports and road conditions, as well.
- Communication is sent out by noon day of massive snow event.

■ **Youth Certification:**

- All members 13 & Over must be youth certified.
- Please contact Lisa Thomas, to get your athlete scheduled

■ **Dryland:**

- Please have your athlete wear appropriate gym clothes and shoes. No open toe shoes/flip flops, pajamas, etc.
- We are currently mapping out how GTS can incorporate both Yoga and Pilates into our GTS dynamic training program.

Equipment List

First and Last Name MUST be visible on all equipment. All equipment can be purchased from MI SPORTS or any other vendor.

Fish Group

- Fins
- Kickboard
- Water Bottle
- Mesh Bag

Team Meet Apparel

- Basic GTS hoodie and black sweatpants
OR
- TYR Podium Zip Hoodie Warmup
- TYR Podium Warmup Pant
- Thick socks
- Warm shoes

Sharks Group

- Fins
- Kickboard
- Water Bottle
- Mesh Bag
- FINIS Swimmer Snorkel Jr. or FINIS Swimmer Snorkel

Team Meet Apparel

- Basic GTS hoodie and black sweatpants
OR
- TYR Podium Zip Hoodie Warmup
- TYR Podium Warmup Pant
- Thick socks
- Warm shoes

Senior Prep Group

- Fins
- Kickboard
- Water Bottle
- Mesh Bag
- FINIS Swimmer Snorkel
- FINIS Floating Agility Paddles
- Pull Buoy
- FINIS Dryland Resistance Chords
- Dryland Training Shoes

Team Meet Apparel

- TYR Podium Zip Hoodie Warmup
- TYR Podium Warmup Pant
- Thick socks
- Warm shoes

Senior Group

- Fins
- Kickboard
- Water Bottle
- Mesh Bag
- FINIS Original Center-Mount Snorkel
- FINIS Floating Agility Paddles
- Pull Buoy
- FINIS Tempo Trainer
- FINIS Swim Parachute Resistance Training Equipment
- FINIS Dryland Resistance Chords

Team Meet Apparel

- TYR Podium Zip Hoodie Warmup
- TYR Podium Warmup Pant
- Thick socks
- Warm shoes

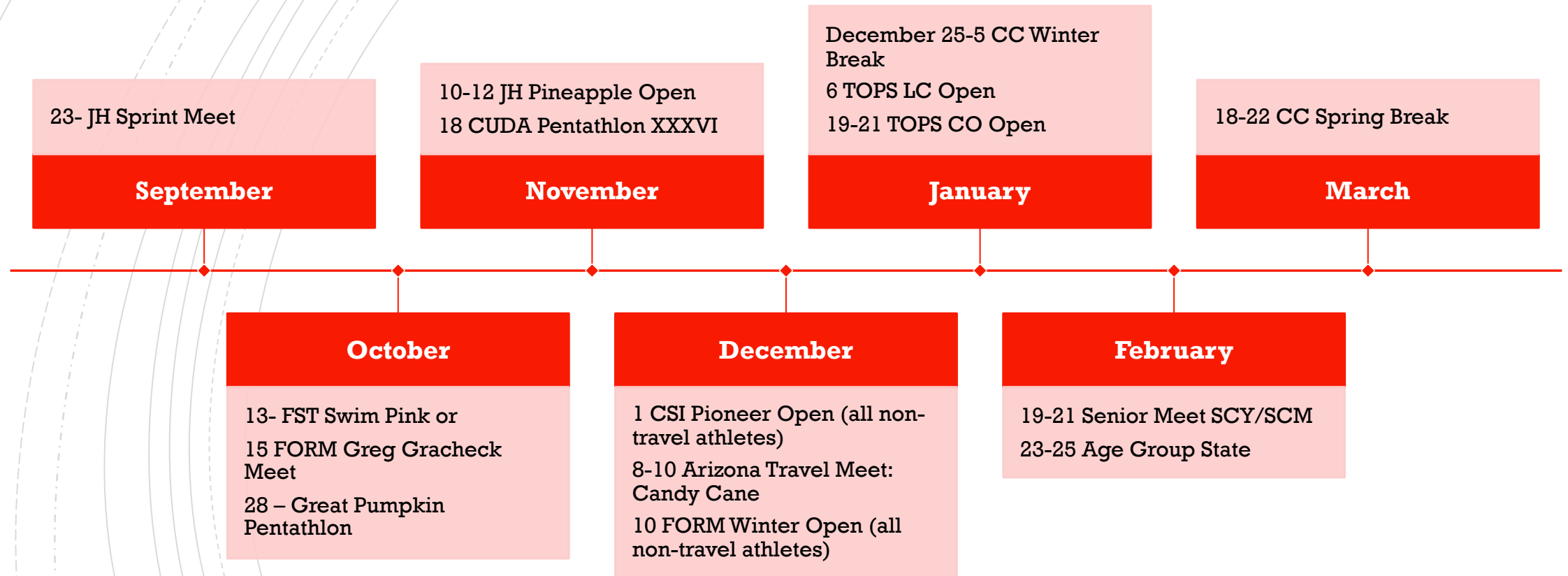
GTS is sponsored by





Meet Schedule

Short Course Meet Schedule



- Meet Schedule is up on Team Unify, it is always tentative as meets change or are full.
 - Please check your email for meet reminders
- Flex highly encouraged to compete in 1 meet per season
- Premium highly encouraged to compete in 2 meets per season



Q & A's