

# TIGER SHARKS



  
CLUB GREENWOOD  
2025 -2026 Season

[CLUBGREENWOOD.COM/GTS](http://CLUBGREENWOOD.COM/GTS)



# A Note from Your Coach

---

Dear Swimmers and Parents,



We welcome your interest in Club Greenwood and the Greenwood Tiger Sharks year-round swim team. We hope you find this brochure informative and helpful in answering your questions about the team. Participation in GTS requires both a Club Greenwood membership and swim team dues paid monthly or annually.

Swimming is not just a sport; it is a lifelong skill. We want to foster a fun and safe environment for our athletes to grow as individuals and as teammates. You will find

that our team is close knit and is passionate about swimming at all levels of competition. As a coach, I ensure every unique athlete has the opportunity to find their spot within our team. My simple principle of Respect Yourself, Teammates, Coaches and Equipment is the key to our team because if an athlete or coach is not conducting themselves in a respectful manner then they are not helping our entire team be the best we can be together. We welcome every athlete all abilities with open arms.

Thank you,

A handwritten signature in black ink that reads "Genevieve McNally".

Genevieve McNally, GTS Head Coach

## Resources

---



**SAFE SPORT**



**NSF International**  
Certified for Sport®



# More About Your Coaches



**Genevieve McNally**  
Head Coach  
Colorado Swimming Board Member  
Safe Sport Chair  
SSDC  
GTS@ClubGreenwood.com

Genevieve is a long-time swimming and sports enthusiast. She has been the part of Club Greenwood for over a decade and has been the force of stability for the swim team for years as Head Coach. Genevieve swam for multiple club teams across the front range and at the University of Denver, alongside her four siblings. While at the University of Denver, she received her MBA with a concentration in Socio-Cultural Brand Management and has also earned her Lean Six Sigma Black Belt certification. Genevieve has a unique background in youth athlete development, from her time in sports marketing. She possesses an understanding of what it takes to be an athlete and the intricacies of the mental and physical capacity it takes to accomplish one's goals. Genevieve has a passion for fluid communication and helping others achieve their goals. Her hobbies include traveling, hiking, paddle boarding and swimming.



**Andy Stockinger**  
Assistant Coach  
  
AndyS@ClubGreenwood.com

Andy Stockinger is a lifelong aquatics enthusiast. He graduated from the University of Denver in 2018 with a Bachelor of Science in Mathematics. During his time at DU, he swam at a club level and competed at a National level in Masters and club water polo. He has coached swimming at a variety of levels for almost 10 years. During his time at a high school program in Aurora, his team placed 7th overall in 5A. This team achieved multiple All-American times and had several athletes recruited. He possesses an understanding of what it takes for young swimmers to develop into successful student-athletes in college. In his free time, Andy enjoys hiking and working on his education non-profit with his friends.



**GTS Junior Coaches**

The GTS Junior Coaching program is designed to help older athletes advance in the sport by focusing on stroke development and leadership while building team connection.



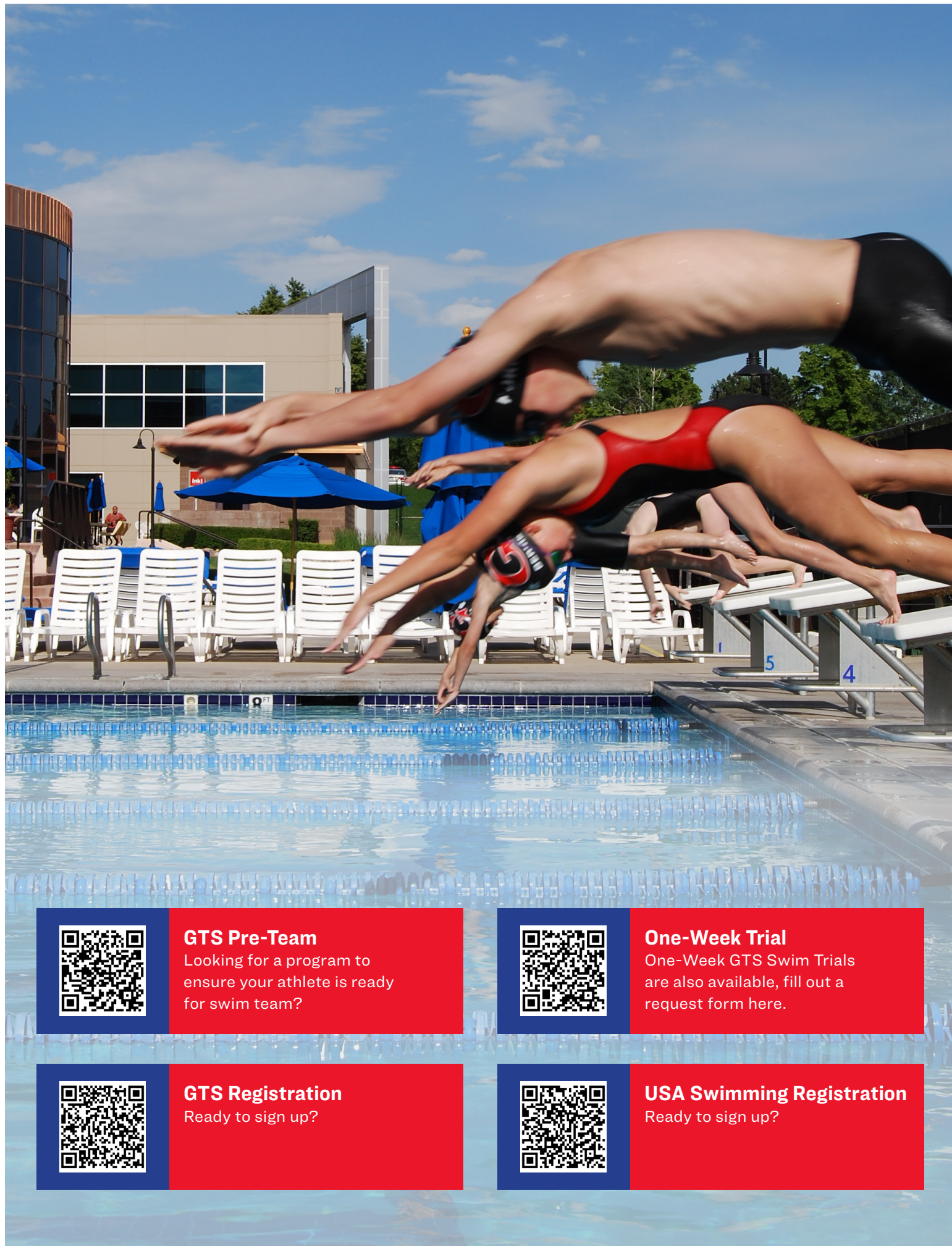
# A Year-Round Club Swim Team

Club Greenwood is home to the Greenwood Tiger Sharks Swim Team, a USA Swimming club with swimmers ranging from ages 6 to 20. The team was created in 1980 and has been a staple in the Colorado Swimming community. GTS swims year-round and competes with other USA Swimming clubs in Colorado and throughout the country. The team fosters excellence at all levels from novice to national and international levels.

- The team practices in both a 25-meter indoor pool and a 25-meter outdoor pool, which are open year-round, allowing fewer swimmers per lane for more valuable practice time
- The Tiger Sharks benefit not only from the amazing amenities at Club Greenwood but also from the incredible nationally certified personal trainers. All GTS land training workouts are taught by a personal trainer
- GTS coaches are USA Swimming and Safe Sport certified, who go above and beyond to ensure the safety and wellness of our athletes in and out of the pool
- GTS coaches are also trained in and follow the NFHS/CDC concussion protocol
- GTS is USA Swimming Safe Sport Certified Club Team
- GTS is a member of the Suburban League
- GTS competed + finaled in the 2025 TYR Futures in Ocala, FL
- GTS offers a Pre-Team Program ensuring athlete readiness
- GTS has 2 nationally ranked relays
- GTS Junior Coach Certification ensuring our athletes develop into leaders within the sport
- GTS ensures athletes are Student Athletes, prepared for high school and college athletics







### **GTS Pre-Team**

Looking for a program to ensure your athlete is ready for swim team?



### **One-Week Trial**

One-Week GTS Swim Trials are also available, fill out a request form here.



### **GTS Registration**

Ready to sign up?



### **USA Swimming Registration**

Ready to sign up?



# Mission Statement

---

We empower athletes of all ages to be champions in life through excellence in swimming. At GTS, we achieve excellence through our Core Values:

**Passion, Integrity, Teamwork, Stewardship, Continuous Improvement and Respect.** We strive to ensure the safest and most encouraging environment for self-development and growth in the sport. We have a zero tolerance for ill and inappropriate behavior on our team. We are only as strong as our weakest member, thus we strive for excellence to uplift our team values and goals while embracing our members aspirations.



## Simple Team Principle

---

**Respect Yourself,**  
**Respect Your Teammates,**  
**Respect Your Coaches,**  
**Respect Equipment.**

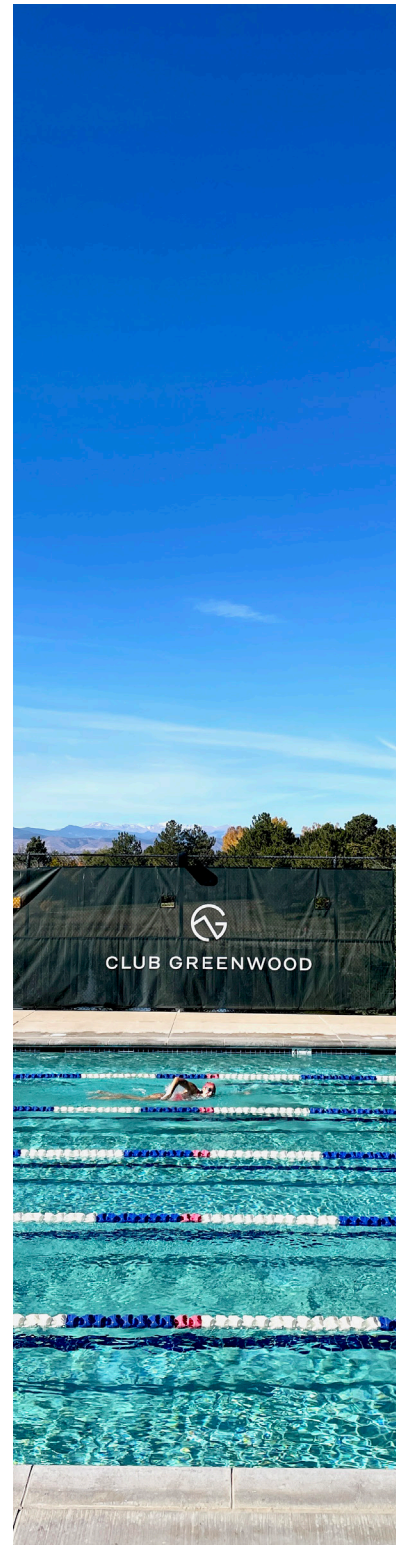


# Our Goals

---

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
- 6 To provide athletes the foundation needed to excel in high school and college athletics, while maintaining a high standard in academics. Student before athlete.



## Vision Statement

---

We foster the belief that swimming is not just a sport but is a lifelong skill that can be enjoyed at any age on any platform. If we complete our role as coaches our athletes will still be coming to the pool long after they outgrow our program.



# Come Swim with Us!

Greenwood Tiger Sharks is a year-round USA Swimming team. Swimmers may join the team at any point throughout the season.

## Registration

1

### USA Swimming Annual Registration

Fees subject to change.

- **Premium Membership** \$95 per swimmer (One time annual fee per athlete. All ages. LSC \$15, USA Swimming \$80).

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

- **\$100 annual** GTS registration fee (One time fee per athlete, includes team swag, items may vary season to season.)

**What is a Premium membership?** Perfect for the kid who loves swimming on a team. This membership allows kids (and families) to unlock all the premium benefits including unlimited swim meets, Splash magazine four times per year, team recognition programs, scholastic recognition programs, access to camps and so much more! Whether kids want to just get fit or go fast, this membership opens the opportunity into meets ranging from local, state, regional, national (\$95 one time annual fee per athlete). Available to athletes of any age.

**What is a Flex membership?** Entry level membership designed for kids who want to experience swimming on a team. This membership includes the option for two swim meets per year. It's perfect for busy families who want to get a feel for the sport and pre-team competition and allow the time flexibility to still participate in other sports and activities. May only attend two practices per week and only two non-championship meets per year (\$30 one time annual fee per athlete). Athletes must be 12 and under.

## Dues

Swim team fees vary by group; monthly or annual payment options available. Billed through Club Automation. (Fees subject to change).

3

	Monthly	Monthly Multifamily	Short Course (Sept-March)	Long Course (April-Aug)	Annual Prepaid
Senior	\$120	\$115	\$840	\$575	\$1,296
Senior Prep	\$115	\$110	\$805	\$550	\$1,242
Sharks	\$100	\$95	\$900	\$285	\$1,080
Sharks Flex	\$105	\$100	\$945	\$300	\$1,134
Fish	\$90	\$85	\$810	\$270	\$972
Fish Flex	\$95	\$90	\$855	\$285	\$1,026
College Plan	\$500				



# FAQs

---

**What is the hold policy?** If you wish to put your GTS membership on hold, this will allow you to still receive team emails and will hold your spot on the team for when you return. You will need to notify Coach Genevieve, in writing, by the 1st of the month prior. Hold fee of \$250/family will be incurred along with your last month of team dues. Holds last a maximum of 3 months. All annual prepaid members will be charged a hold policy if a member would like to place their spot-on hold.

**What is the cancellation policy?** If you wish to cancel your GTS membership, you must notify Coach Genevieve, in writing, by the 1st of the month prior. An early termination fee of \$180/family will be incurred along with your last month of team dues, with exceptions made only in the case of an athlete going away for college or an injury, with a physician's note, that prevents the swimmer from participating or if athlete paid in full. All annual prepaid members will not be charged a cancellation fee if they choose to cancel.

## **How is the Greenwood Tiger Sharks team different from our neighborhood summer team?**

The Tiger Sharks is a year-round USA Swimming team, while your summer team is seasonal, training and competing only during the summer months. Many of our younger swimmers train throughout the year with the Tiger Sharks and compete with their summer teams while continuing to train and compete for the Tiger Sharks. This allows our athletes to maintain healthy stroke technique and strengthen the GTS team bond.

## **Do we need to be members of Club Greenwood in order for my swimmer to be a Tiger Shark?**

Yes, all GTS swimmers are required to be members of Club Greenwood. Please call 720.838.2527 and ask about membership. Our program is unique in that the swim team practices within a state-of-the-art health club that allows the best possible fitness and health opportunities for the entire family. GTS accepts athletes year round.

**Do you offer any college planning resources for high school athletes?** Our coaches offer basic assistance specific to swimming. However, we host an annual college planning meeting early in the short course season. At this meeting we have a community leader, who specializes in college planning, speak to our parents and athletes to better assist with the college process.

## **Does my swimmer have to attend meets?**

All swimmers need to attend meets, with the requirements varying between the groups and USA Swimming Memberships. Meets are every 3-4 weeks.

**Do you have a GTS Billing Question?** Please contact Coach Genevieve directly.  
[GenevieveM@ClubGreenwood.com](mailto:GenevieveM@ClubGreenwood.com)

**I have three children, two are ready for the swim team but one is still learning to swim. What programs do you have for him/her?** We have an Aquatics program that offers a variety of programs for all ages and interests.  
[Visit ClubGreenwood.com/Aquatics](http://ClubGreenwood.com/Aquatics)



## **Does GTS compete in travel competitions?**

Yes, we travel on both a state and national level. Allowing athletes to develop as elite athletes and state and club representatives. Teaching independence, leadership, goal setting and so much more.

**What are the travel fees for GTS?** Each meet varies its entries fees however below are our travel fee breakdown:

- Local Meet Fees: \$10
- Prelim/Final Meet or Championship Meet Fees: \$20 +athlete accommodation fees
- Travel Meet Fees \$30 + Athlete Accomodation Fees

# Team Schedules

Participation in meets is one of the key ways to find success in the sport; swimmers are encouraged to compete! Meets provide opportunities to achieve goals, improve times, experience the thrill of victory, overcome previous temporary setbacks, etc. Like any skill, the more one practices the more one will improve. Coming to practice also builds a stronger team bond, which we highly suggest.

For swimmers competing on high school teams, we encourage picking USA swimming meets wisely. Our coaches sit down with our high school athletes, and are happy to discuss a strategy to prepare for the high school season alongside the GTS schedule.

**Meet Schedule:**  
Meet Schedule is on Team Website (TeamUnify) under Events. Please go the website for the most up to date practice and meet updates.

## GTS Year Round 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	6:00-7:30pm
Dryland (Studio 4)	Tuesday, Thursday	4:30-5:30pm
Outdoor Pool	Tuesday, Thursday	5:30-7:30pm
Indoor Pool	Saturday	7:00-9:00am

### Senior Prep Group

Dryland (Studio 4)	Tuesdays, Thursdays	4:30-5:00pm
Indoor Pool	Monday-Friday	5:00-6:30pm

### Sharks Group

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

### Fish Group

Indoor Pool	Monday-Thursday	4:15-5:00pm
-------------	-----------------	-------------

**Dryland: Please bring a change of appropriate gym clothes and shoes.**



# Equipment List

---

First and Last Name **MUST** be visible on all equipment.

## Fish Group

- Fins
- Kickboard
- Water Bottle
- Mesh Bag

### Team Meet Apparel

- Basic GTS hoodie and black sweatpants  
**OR**
- A3 Limitless Jacket
- A3 Limitless Pant
- Thick socks
- Deck shoes

## Sharks Group

- Fins
- Kickboard
- Water Bottle
- Mesh Bag
- A3 Swimmer Snorkel

### Team Meet Apparel

- Basic GTS hoodie and black sweatpants  
**OR**
- A3 Limitless Jacket
- A3 Limitless Pant
- Thick socks
- Deck shoes

## Senior Prep Group

- Fins
- Finger Paddles
- Kickboard
- Water Bottle
- Mesh Bag
- A3 Snorkel
- Paddles
- Pull Buoy
- Dryland Resistance Chords
- Dryland Training Shoes
- Old gym shoes for pool

### Team Meet Apparel

- A3 Limitless Jacket
- A3 Limitless Pant
- Thick socks
- Deck shoes

## Senior Group

- Fins
- Finger Paddles
- Kickboard
- Water Bottle
- Mesh Bag
- A3 Snorkel
- Paddles
- Pull Buoy
- Tempo Trainer
- Parachute Resistance Training Equipment
- Dryland Resistance Chords
- Old gym shoes for pool

### Team Meet Apparel

- A3 Limitless Jacket
- A3 Limitless Pant
- Thick socks
- Deck shoes

GTS is sponsored by





## CLUB GREENWOOD

MEMBERSHIP

MEMBERSHIPTEAM@CLUBGREENWOOD.COM | 720.838.2527  
5801 S. QUEBEC STREET, GREENWOOD VILLAGE, CO 80111



MEMBERSHIP