



www.rockymountainrapids.org

Head Coach Kent Nelson | Age Group Coach: Kristen Jenkyns

2023 - 2024 Short Course Season

To schedule a tryout, email agegroupcoach@rockymountainrapids.org .

We believe that providing an environment for all swimmers to achieve their individual best is the right vision for the Rapids Swim Team. As a club that has embraced Long Term Athlete Development, there is no "typical" Rocky Mountain Rapids swimmer - we have athletes who are dedicated to the sport of swimming, striving to reach the highest levels of the sport, as well as swimmers that participate in multiple sports on a competitive level. We have others who are just starting out in the sport or simply wanting to prepare for competition as a high school swimmer. There is room for all levels of ability and commitment.

We offer a no obligation one-week free trial for swimmers new to Rocky Mountain Rapids. Swimmers get to know the coaches, other swimmers, and learn what the workouts are like. We hope that, at the end of trial period, swimmers will join the team!

CLASS/GROUP DESCRIPTIONS

A well-defined, long-term approach of gradually increasing levels of commitment is essential to reach peak performance during a swimmer's physiological prime. The emphasis in the early stages is placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge is introduced.

It is important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels, and goals. Commitment to the group practice attendance and meet expectations are considered in group placement and move-ups.

The Rapids offer five levels of training. Each level provides a challenging and fun environment to foster a love of swimming and competing. All levels offer both dryland and pool training, as well as occasional weekend practices. The Rapids participate in age and level appropriate meets throughout the short and long course seasons. All classes/groups will aim to complete the [IM Ready or IM Xtreme](#) from USA Swimming. We want swimmers comfortable competing in all four strokes and competing in all events at meets.

CLASS I The goal of Class I is to develop skills in all four of the competitive strokes. Practices will focus on skill development and building endurance in a fun atmosphere. This group is the initial level of the competitive team and typically consists of swimmers who are in their first few years in the sport.

Prerequisites: Swimmers must be able to swim 25 yards of both freestyle & backstroke to join this group.

Schedule: Practices are 60 minutes in length and are offered four times each week.

Competition: Swimmers will compete in Intrasquad, and Colorado Springs area team meets. Participation in other out of area team meets is possible with coach's permission.

CLASS II

The goal of Class II is to further refine each swimmer's ability in all the different strokes, starts, and turns. Consistent practice attendance if moving from Class I.

Schedule: Practices are offered Monday-Friday and swimmers are recommended to attend 3 practices per week.

Competition: Swimmers are highly encouraged to compete in all team approved meets and complete the [USA Swimming IM Ready or IM Xtreme events in competition](#) and turns. Swimmers in this group are introduced to the concept of interval training by doing longer practice sets to build endurance. Swimmers are expected to develop good practice habits and will begin to learn additional training concepts that are utilized at the higher levels of our program.

Prerequisites: Perform all strokes legally in a practice, including racing starts off the block, backstroke & freestyle flip turns. The ability to follow instructions and be a kind, courteous and supportive teammate at practice.

CLASS III

Class III is designed for our top 12 & under swimmers. Emphasis is placed on continuing to improve skills and stroke technique, as well as increased training intensity. Swimmers in this group strive to achieve Silver State or faster qualifying times. These athletes also are expected to have consistent practice attendance and demonstrate leadership to the other members of the age group team.

Prerequisites: High level of competence in all swimming skills demonstrated in both practice and competition. Demonstrate knowledge of workout rules and expectations with consistent practice attendance.

Schedule: Practices are offered Monday-Friday and some weekends. Swimmers are encouraged to attend a minimum of 4 days per week.

Competitions: Swimmers are expected to compete in local meets, Colorado Swimming Invitationals and out of state meets as designated by the coaches. Swimmers compete in a broad range of events aiming to complete the [IM Xtreme events from USA Swimming](#) each season.

CLASS IV

This group consists of swimmers transitioning from age group to High School and Senior level swimming. It includes our best 12-14 years as well as older swimmers who are relatively new to the sport. Training in this group begins to become more individualized to meet each swimmer's needs as much as possible. The continued high-level refinement of skills and increased training demand emphasized in this group will help them prepare for competitive success at the State and Regional levels of swimming as well as middle school and high school competition. Swimmers in this group are encouraged to be leaders for the younger age group swimmers by encouraging teamwork and contributing positively to the team's pursuit of excellence.

Prerequisites: Age 13 & above (younger swimmers may be added to this group at the Head Coach's discretion). Ability to swim all events offered in their age group. Goals of achieving State championship and faster times.

Schedule: Practices are 90+ minutes long and offered 6+ times per week depending on the time of year.

Competition: Swimmers compete in all types of meets attended by the Rapids team.

SENIOR

Our Senior Group is our highest training group and consists of swimmers of high school age and above. Training in this group is structured around the individual athlete's goals as much as possible. Every swimmer is expected to contribute positively every day to the team's pursuit of excellence. Team members in this group are striving to be successful at the High School State, Regional and National level.

Prerequisites: Age 14 & above (younger swimmers may be added to this group at the Head Coach's discretion). Ability to swim all events offered in their age group and to complete the IM Xtreme events from USA Swimming. Consistent practice attendance is expected.

Schedule: Practices are offered 6+ times per week.

Competition: Swimmers are expected to compete in all types of meets attended by Rapids.

YEARLY PRACTICE TIMEFRAMES AND LOCATIONS

Class/Group specific practice times within these timeframes are to be determined.

September-October: 5:00-8:00pm @ Liberty High School and Pine Creek High School

November-May: 7:00-9:15pm @ Liberty High School and Pine Creek High School

June-July: 6:00-9:15am @ Wagon Trails Community Pool; 1:00-3:00pm @ Liberty High School*

August: Practices will be limited or suspended for a team break.

Practices during school breaks are generally held during daytime and locations will vary based on pool availability. Notice of practice schedule changes are communicated as soon as possible. *Practice times and locations are subject to change.*

MEMBERSHIP AND FEES

Registration opens each year in mid-August and new swimmers are welcome to join throughout the year. The first month's payment, Rapids Registration Fee, and USA Swimming Registration Fee are due upon registration.

Class/Group	Monthly Fee
Class I	\$108.00
Class II	\$144.00
Class III	\$164.00
Class IV	\$182.00
Senior Group	\$190.00

- Monthly fee can be paid by credit card or ACH online through TeamUnify.
- A monthly statement will be emailed to each family before the last day of the month.
- Changes in account status need to be communicated to the Treasurer 30 days in advance to put an account on hold or reinstate an account for the following month.
- Payment is required by the 10th of the month. A \$10 late fee will be applied to the account if payment is not received.
- Multi-swimmer discount: 10% discount for 2nd, 15% discount for 3rd, 20% discount for 4th+ swimmers from same family. Members are responsible to communicate discount to the Treasurer to be applied to account.

Additional Fees

- Rapids Registration Fee (Includes a team t-shirt & swim cap): \$85 Early Bird / \$100 Regular.
- USA Swimming Annual Registration Fee: all swimmers must be registered with www.usaswimming.org
- Rapids Meet Fees (per swimmer): \$10/area meets, \$20/out-of-area meets, \$75/out-of-state meets.

High School Athletes

We encourage our high school boys and girls to continue with the Rapids during their respective swim seasons. The high school swimmers will be offered a \$25 per month flat fee that allows the high school swimmer to continue as Rapids members and allowing participation in all practices and club meets. During the month prior to the start of the respective seasons, high school aged swimmers will receive an email detailing the fee options. It is the responsibility of the high school swimmer to communicate changes of their Rapids status to the team Treasurer.

For additional questions or information – email headcoach@rockymountainrapids.org.