

CAT Programs

- Exposure – This is our Pre-Competitive swim program that introduces swimmers to year-round swimming. Swimmers at this level are comfortable with all 4 strokes and can confidently swim 25 yards without stopping. This group will help swimmers retain their strokes while emphasizing on technique.
- Bronze – This program is our first entry point into year-round competitive swimming. This group's focus is on instilling proper fundamentals of all four competitive strokes in a fun and caring atmosphere. This group will have several opportunities to compete locally.
- Silver – This program continues to focus on proper stroke technique but will include more advance competitive skills. Dryland training is also introduced at this level to strengthen the whole body.
- Gold – This program prepares swimmers for long term involvement in the sport of swimming. Structured training increases and there is a focus on competing successfully on a state level (See FLAGS).
- National Development – This program is designed for swimmers who are mentally and physically prepared to commit to year-round competitive swimming. The swimmers in this group should have skills that align with the Florida Age Group Standards (FLAGS). Swimmers in this group range from ages 10-17. The level of training and commitment increases and morning practice is added twice a week.
- National Team – This program is by invitation only. Swimmers in this program exhibit a high level of workout ability and are expected to be mature, dependable and have a year-round commitment to the club. Swimmers in this program are trained for Sectional, State, and National Meets. Swimmers in this program are expected to come to every practice including morning practice.