



PreTeam 2024

PreTeam is a non-competitive training group designed to prepare athletes to join the swim team. PreTeam practices twice a week with the Bronze Group for an 8-week season. At the end of the season, some athletes may be invited to join the Bronze Group full time. Athletes who are not ready for the swim team yet are welcome to sign up for another season with PreTeam. The PreTeam program is overseen by Head Coach Christin Rockway, and our National level athletes.

PreTeam athletes are level 5 swimmers on our swim lessons levels scale. They can comfortably swim a full 25 of freestyle and backstroke, and have a strong breaststroke and butterfly kick. They will continue to work on all four strokes to make them efficient and legal. They will also continue practicing blowing bubbles, breathing, and streamline. They will begin to learn dives, backstroke starts, flip turns, and open turns.

Monday & Wednesday 3:15 - 4:00 pm	Fall: Aug. 19th - Oct. 9th Spring: TBD Summer: TBD	\$315 per season*
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*This is a seasonal group. When signing up, you must commit to the season as a whole. There are no makeups offered for this group.

Please plan to arrive about 10-15 minutes before the start of practice. TBAC Athletes perform a warm-up to swim routine before getting in the water. Athletes should wear athletic clothes over their suit and closed-toed athletic shoes for warm-up.

PreTeam swimmers need a swimsuit, goggles, a towel, a water bottle, and a cap if they choose to wear one.

Contact Coach Christin to schedule an evaluation for your athlete before signing up for PreTeam.

Coach Christin Rockway
TBAC Head Coach
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