

10 & Under Program

Developmental \$75 for TFC members \$105 for non-members 5 x 45 minute sessions weekly	<p>Entrance Requirement: Safely swim 25 yards unassisted.</p> <p>Focus is on freestyle & backstroke stroke mechanics, technique, streamlining, lane etiquette (circle swimming), and diving from side.</p> <p>Equipment – fins, kickboard, and a water bottle</p>
Competitive Prep \$85 for TFC members \$115 for non-members 5 x 60 minute sessions weekly	<p>Entrance Requirement: A legal 25 of freestyle (with rotary breathing) and backstroke.</p> <p>Focus is on stroke mechanics, technique, developing breaststroke & butterfly, underwater butterfly kicking, racing starts from the blocks, and competitive turns.</p> <p>Advancement to White: Complete a 50 of each stroke and 100 IM.</p> <p>Equipment – Fins, kickboard, and a water bottle</p>
White \$95 for TFC members \$135 for non-members 5 x 60 minute sessions weekly	<p>Entrance Requirement: A legal 50 of all four competitive strokes, a 100 IM</p> <p>Focus is on stroke mechanics, technique, the IMR / IMX events posted by USA Swimming, and building toward legal 100 of each stroke. Basic interval training is taught and light level of dryland activities is incorporated for balance, coordination, and overall athletic development.</p> <p>Advancement to Next Group: Complete a legal 100 of all four strokes and a 200 IM, competitive starts from the starting blocks, and competitive turns. A minimum of three practices per week is expected for proper swimmer growth.</p> <p>Equipment – fins, kickboard, and a water bottle.</p>
Blue \$130 for TFC members \$175 for non-members 5-6 x 75 minute sessions weekly	<p>Entrance Requirement: A legal 100 of all four competitive strokes, 200 IM, competitive starts and turns, and Head Age Group Coach approval.</p> <p>Focus is on stroke mechanics, technique, the USA Swimming IMR / IMX events, completing all age available events, and a legal 200 of all four competitive strokes</p> <p>Middle distance training introduced and average training yardage per practice is about 2500 – 3500 yards Double practices are introduced (optional) during summer and winter times Moderate level of dryland training is incorporated for general strength building, flexibility, balance, coordination, and overall athletic development</p> <p>Goal meets of Gulf Champs and/or TAGS.</p> <p>Monthly attendance expectation of 80% for proper swimmer growth FULL meet participation is expected (with emphasis on all Champs level meets)</p> <p>Equipment – fins, kickboard, snorkel, pull buoy, and water bottle.</p>

Age Group Program

(11 to 14 year olds)

Bronze \$105 for TFC members \$145 for non-members 5-6 x 60 minute sessions weekly	<p>Entrance Requirement: A legal 50 of all four competitive strokes, a 100 IM, and knowledge of competitive starts and turns.</p> <p>Goal meets of Fall Champs & Spring Champs</p> <p>Advancement to Silver: Complete a legal 100 of all four strokes and a 200 IM, racing starts from the blocks, and competitive turns.</p> <p>Equipment – fins, kickboard, pull buoy, and water bottle</p>
Silver \$130 for TFC members \$175 for non-members 5-6 x 75 minute sessions weekly	<p>Entrance Requirement: A legal 100 of all four competitive strokes, 200 IM, and a 200 free.</p> <p>Focus is on stroke mechanics, technique, the USA Swimming IMX events, and completing all age available events multiple times per season.</p> <p>High level of training, work ethic, and maturity; average training yardage of 3500-5000 per practice and distance swimming is introduced. Drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development. Goal meets are Fall/Spring Champs & Gulf Age Group Champs. Monthly attendance recommendation of 75% for proper swimmer growth and development FULL meet participation is expected (with emphasis on all Champs level meets)</p> <p>Advancement to Next Group: Consistent practice attendance and ability to train at a high level, completion of all age group events in competition, and Head Age Group Coach approval.</p> <p>Equipment – fins, kickboard, paddles, pull buoy, and a water bottle</p>
Gold \$150 for TFC members \$200 for non-members 6-8 x 90 minute sessions weekly	<p>Entrance Requirement: Head Age Group Coach approval and current coach recommendation, current group attendance, full meet participation, strong training/work ethic, and internal SWIMMER-driven motivation.</p> <p>Focus is on stroke mechanics, technique, the USA Swimming IMX events, and completing all age available events multiple times per season; double practices and Saturday workouts are expected (with respect to age.) Drylands are integrated into training for general strength building, flexibility, balance, coordination, and overall athletic development. Monthly attendance requirement of 80% as well as full meet and team participation are expected (with emphasis on all Championship level meets.) Focus meets are Gulf Champs, TAGS, Sectionals, or Junior Nationals.</p> <p>Gold athletes should not compete in Summer recreational league swimming AFTER the summer between their 6th and 7th grade year.</p> <p>Advancement to Next Group: Graduation from 8th grade</p> <p>Equipment – fins, kickboard, snorkel, paddles, pull buoy, and a water bottle.</p>

Senior Program

(Athletes move into the Senior program in the spring of their 8th grade year.)

High School Group \$125 for TFC members \$175 for non-members 5 x 60 minute sessions weekly	Swimmers may only move into this group AFTER their 8th grade year. Great for multi-sport athletes and JV swimmers. No practice attendance or competition requirement. Equipment – fins, kickboard, paddles, snorkel, pull buoy, and a water bottle
Senior Group \$150 for TFC members \$200 for non-members 6 x 90 minute sessions weekly	Entrance Requirement: Must have completed 8 th grade. A legal 100 of all four competitive strokes, 200IM, and a 500 free. High level of training, work ethic, and maturity; average training yardage of 4500 – 6000 per practice. Focus is on stroke mechanics, technique, the USA Swimming IMX events, and completing all age available events multiple times per season. Double practices and Saturday workouts are strongly encouraged when offered. Drylands are integrated into training for general strength building, fitness, and flexibility. Monthly attendance requirement of 80% and full meet participation are expected (with emphasis on Championship level meets.) Goal meets are Gulf Champs and/or Sectionals Advancement to Next Group: Demonstrate consistent practice attendance, meet performance, and display internal SWIMMER-driven motivation. Head Coach approval and current coach recommendation required. Equipment – fins, kickboard, paddles, snorkel, pull buoy, and a water bottle
Pre-National Group \$175 for TFC Members \$225 for non-members 3 x 120 minute sessions weekly 3 x 90 minute sessions weekly	Entrance Requirement: Current group coach's recommendation based on practice attendance, work ethic, and meet performance. Must have completed 8 th grade. All age available events are swum multiple times throughout season Members are expected to be at all team functions. Training, nutrition, recovery, and team responsibility are the athlete's primary focus. Pre-National athletes should not compete in Summer recreational league swimming during the summer BEFORE entering group and thereafter. Monthly attendance requirement of at least 90% plus FULL meet and team participation are expected (with emphasis on all Championship level meets.) Focus meets are Sectionals and/or Junior Nationals. Advancement to National Elite: Head Coach's invitation. Equipment – fins, kickboard, paddles, pull buoy, snorkel, tempo trainer, and a water bottle

<p>National Elite Group</p> <p>\$200 for TFC members \$250 for non-members</p> <p>3 x 120 minute sessions weekly 3 x 90 minute sessions weekly 3 x 75 minute AM sessions 3 x 45 minute weight sessions</p>	<p>Entrance Requirement: Athlete must have Head Coach approval, and display intense, internal SWIMMER-driven motivation and personal responsibility.</p> <p>Swimmers may move into this group if they meet the current performance times AND exceed training expectations of their current group (typically this is after the short course season of their 9th grade year.)</p> <p>Focus is on obtaining Junior National, Senior National and Olympic Trials qualifications. Group members are expected to be the leaders of the team in every aspect and attend all team functions. Training, nutrition, recovery, and team responsibility are the athlete's primary focus.</p> <p>Monthly practice attendance requirement of at least 90% as well as FULL meet and team participation are expected (with emphasis on all national level Championship meets)</p> <p>Equipment – fins, kickboard, paddles, pull buoy, snorkel, tempo trainer, and a water bottle</p>
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