



2025 - 2026

**PROGRAM  
OVERVIEW**

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**"EVERYONE DESERVES THE  
OPPORTUNITY TO BE GREAT!"**

# ABOUT US

## MISSION

To create an optimum environment which enables all KING Aquatic Club swimmers - beginners, Olympians, and everyone in between - to have equal opportunities to learn and improve at the fastest rate possible, to fulfill their maximum potential as competitors, and to develop their highest character while keeping a safe and positive environment for every level of swimmer in all facets of training, competing, and interaction with their adult counterparts.

## VISION

To inspire and enable our members to achieve excellence in the sport of swimming and in life while creating an environment where **excellence is inevitable and fun!**

## BELIEF STATEMENT

“Everyone deserves the opportunity to be great!”

## FIVE PILLARS OF EXCELLENCE

At KING Aquatic Club, we are guided by Five Pillars of Excellence: Character, Community, Communication, Competitive Spirit, and Commitment. These values form the foundation of our efforts to create an environment where living excellence is what we do every day.

### PILLAR 1: CHARACTER

Uphold integrity and respect, modeling good sportsmanship and behaviors that honor oneself and the team in and out of the water.

### PILLAR 2: COMMITMENT

Sustain dedication from all levels of the organization, from owners to volunteers, coaches to athletes and parents, strengthening the bonds that unite us as a team.

### PILLAR 3: COMMUNITY

Create a welcoming and inclusive team environment where everyone feels a sense of belonging by promoting teamwork and encouraging active support, collaboration, and positive contributions.

### PILLAR 4: COMPETITIVE SPIRIT

Cultivate a drive for excellence and love for competition through learning to support competitors, embrace challenges with determination, and handle both victories and defeats with grace.

### PILLAR 5: COMMUNICATION

Ensure clear, respectful, and open dialogue between coaches, swimmers, and parents to foster a culture of transparency and collaboration.

# PRACTICE LOCATIONS

KING's main practice sites are at the following locations:

## **COVINGTON AQUATIC CENTER**

18230 SE 240th St  
Covington

## **KING COUNTY AQUATIC CENTER (KCAC)**

650 SW Campus Dr  
Federal Way

## **PACIFIC LUTHERAN UNIVERSITY (PLU)**

12180 Park Ave S  
Tacoma

Our team may also practice at the following locations as needed:

## **Tacoma Lawn & Tennis Club (TLTC)**

502 N Borough Rd  
Tacoma

## **Marine Hills Pool**

600 S 302nd St  
Federal Way

## **Stadium High School**

111 N E St  
Tacoma

## **Auburn Adventist Academy (AAA)**

5000 Auburn Way  
Auburn

For a full list of pools that KING uses, please click the following link: [KING Training Site Facilities](#)

# FREQUENTLY ASKED QUESTIONS

## Do you have to be fast to join KING?

### NOPE!

KING is open to anyone with an interest in swimming who can meet the minimum requirements. Some swimmers may go on to swim in college, compete in national meets, or even compete in the Olympics, but many others will swim to get in some great exercise, compete against swimmers their same age/ability, and have fun!

## What are the minimum requirements to join the team?

Each training group has specific entry requirements, so the minimum entry requirements vary depending on the group. To learn more, please refer to the group descriptions in the remainder of this packet.

## Are practice groups sorted solely by age?

### NOPE!

At KING, we currently sort by swimming experience, ability, AND age. Research indicates that swimming is second only to gymnastics in terms of hard work. We must be intentional and plan long term for our athletes. Pushing them too hard and too fast often results in injuries and burnout. KING avoids this by making incremental increases in workload and intensity at proper stages of development.

## We are looking for an opportunity to refine skills and fitness in a noncompetitive environment. Can we still join?

### YES, but please know that...

at KING, our main goal is preparing swimmers for competitive success. While we do offer groups that are encouraged - but not required- to compete, we currently do not have any offerings that cater to a more relaxed, leisurely approach to swimming. Therefore, KING may not fully align with your preference at this time.

## Who will be coaching my swimmer?

We have a dynamic group of coaches with individual swimming experience and 50+ years of combined coaching experience. Please click the following link for more detailed information on each coach: [KING Coaches](#)

## How long is the competitive swim season?

### NEARLY 365 DAYS A YEAR!

There are 2 seasons in club swimming: Short Course\* and Long Course\*\*. The Short Course season runs from early September through late March, and the Long Course season runs from April through the end of July.

\*Short Course = 25 yards

\*\*Long Course = 50 meters

# TRAINING GROUPS

## Philosophy & Placement

At KING Aquatic Club, our training groups are thoughtfully designed to build a strong foundation and support the long-term development of every athlete. Each group aligns with our Five Pillars of Excellence, allowing us to meet swimmers where they are and guide them toward their highest potential.

Our goal is to place swimmers in training groups with teammates who are similar in age, ability, commitment level, physical and emotional maturity, and practice habits and skills. This approach fosters a productive and supportive environment where athletes can thrive.

To join KING, all potential swimmers must be evaluated by a current KING coach. Group placements are determined by our coaching staff through a process that considers what each athlete needs to succeed. While we value open communication and feedback, final decisions on training group placement are made by coaches in the best interest of the swimmer and the team as a whole.

We have shifted away from generic labels like *Novice* and *Age Group* and are intentionally using names like *Discovery*, *Challenge I/II*, and *Performance I/II* to give a different meaning to the swim experience. Our new group names help swimmers and families feel proud of their group identity without tying it to a fixed hierarchy, and they allow our coaches the flexibility to group athletes by readiness and mindset, not just age or times. The naming structure outlines a clear, progressive path that tells a story about your athlete's journey through our program.

In short, these new names help us coach with intention, and they give athletes a sense of purpose that goes beyond just getting faster.

At KING, we believe that the right environment, combined with intentional coaching, creates the foundation for both athletic and personal growth.

# TRAINING GROUPS

## COVINGTON

**FOR ALL TRAINING GROUPS AT COVINGTON:** All swimmers must have PASSED Red Cross Level 6, YMCA Stage 6, equivalent swimming lessons, and/or have a background in competitive swimming before scheduling an evaluation.

### DISCOVERY

This group serves as an introduction to year-round competitive swimming. Swimmers in this group meet twice a week for 45 minutes, focusing on building a strong foundation of skills and techniques in a fun and engaging way. Athletes will: learn the mechanics of the 4 competitive strokes; practice navigating lane etiquette and working with teammates; get familiar with the language, routines, and expectations of swim practice; build confidence in a supportive team setting. Participation in Swimmingly meets are encouraged but not required.

*Minimum Entry Criteria:* 50 free with bilateral or rotary breathing without stopping + 50 backstroke without stopping + Knowledge of flip turns + Knowledge of elementary backstroke, breaststroke, and butterfly + Can perform surface dive to various depths to retrieve an object + Jump & dive off the blocks

### CHALLENGE I

Challenge I is designed for swimmers 11 and older who enjoy swimming but would prefer a more flexible approach to training. The athletes in this group are involved in multiple activities and are looking to build swimming skills while balancing other commitments. Swimmers meet 3x/week for 1 hour to focus on developing legal competitive strokes, building aerobic endurance and overall swim fitness, and fostering independence and personal responsibility in training. Swimmers will also gain experience with swimming sets, various technique drills, and reading the pace clock. Whether you're aiming for competition or just want to stay in swim shape while balancing other interests, this group offers a solid foundation with room to grow.

*Minimum Entry Criteria:* 100 freestyle with legal flip turns without stopping + 100 backstroke without stopping + Bilateral breathing + Knowledge of all 4 competitive strokes + Can perform surface dive to various depths to retrieve an object + Jump & dive off the blocks

### CHALLENGE II

Swimmers in this group are taking the first steps in "learning to competitively train" as they progress from the fundamental skills and techniques taught in our Discovery group to a more advanced level of learning. Athletes in Challenge II regularly compete in USA Swimming Sanctioned swim meets so that coaches can observe their performance and pinpoint areas for improvement, as well as strengths to develop further. There is typically at least 1 sanctioned meet per month for this group as well as unsanctioned Swimmingly meet opportunities once per quarter. Practice sessions are 4 days per week for 75 minutes.

*Minimum Entry Criteria:* At least 1 year on competitive swim team (within the past 3 years) + 200 free with flip turns and bilat breathing from a start + LEGAL 100 IM (100% legal breaststroke and butterfly) + 4x50 @1:00 + Coach's recommendation

### PERFORMANCE I

This group is for swimmers who are ready to take the next step in their development by "training to compete". Athletes will continue refining their technique, develop strong practice habits, and learn strategies needed to perform well across a variety of race events. Swimmers in this group will set personal goals, experience more advanced conditioning sets, and take on greater ownership of their training. Consistent meet participation is expected, as competition is an important part of the learning process at this stage. Practices are offered 5 days a week. Ongoing placement in this group depends on practice attendance, meet participation, and readiness for this level of training.

*Minimum Entry Criteria:* At least 2 years on a year-round competitive swim team + 300 free with flip turns + 300 kick for time (under 7:00) + LEGAL 200 IM + 10x50 @1:00 + Interview with swimmer by site coach(es)

# TRAINING GROUPS

## PLU/TACOMA

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# TRAINING GROUPS

## FEDERAL WAY

### PERFORMANCE II

This is the second step in the “training to compete” phase. Swimmers will enhance their self-awareness, work ethic, and responsiveness to feedback. As they work toward achieving higher-level time standards, athletes will face training designed to challenge their technique, endurance, and race strategies, while developing mental toughness and improving race execution. Participation in meets is expected, including those that may involve travel outside the immediate area. While not every meet will require travel, families should be prepared for occasional out-of-town competitions as part of this group’s progression and development. Training for this group is a minimum of 6 practices per week for 2 hours.

#### *Minimum Entry Criteria:*

- At least 2 years on a year-round competitive swim team
- USA Swimming “AA” time in at least 5 events (one being 200 IM)
- 500 free with flip turns (under 6:30)
- Legal 400 IM
- Interview with swimmer by site coach

### VARSITY SENIOR

This group is for high school aged athletes who want to continue growing in the sport while balancing other responsibilities. The focus is on building training consistency and aerobic development, strengthening stroke technique and race strategies, gaining meet experience across multiple events, and developing independence, time management, and communication skills. Swimmers in this group are committed to training 3 days per week and participating in meets, but may not be ready for or interested in the year-round, travel-based demands of the Championship or National Senior group.

#### *Minimum Entry Criteria:*

- Evaluation by current KING coach
- High school age and above
- Proficiency in all 4 competitive strokes
- Demonstrable aerobic base, strength, and achievement of age-appropriate time standards
- Coach recommendation

# TRAINING GROUPS

## FEDERAL WAY

### CHAMPIONSHIP SENIOR

The Championship Senior group is designed for high school swimmers (age 13+) who are ready to train and compete at a consistently high level. It emphasizes year-round development, solidifying strong practice habits, and preparing athletes for championship level competition and future advancement into the National Senior group. Athletes and families should be prepared for a year-round commitment that includes:

- Prioritizing training and recovery across the full swim calendar year (September - July), with practices a minimum of 6 days per week, including weights and dryland.
- 100% meet attendance in coordination with Senior coaches regarding meets that swimmers should attend.
- 75% monthly practice attendance required, including during high school swim seasons
- Traveling outside the local area for competitions
- Increased meet & travel expenses

*Minimum Entry Criteria:*

- Age 13 +
- Coaches Recommendation
- Athletes 8th grade and under must have achieved a PNS Senior Champs or Sectional standard + have a coach's recommendation.
- Younger swimmers will be admitted into this group purely at the discretion of Senior Coaches.

### NATIONAL SENIOR

Swimmers in this group are expected to train and compete at a high level, with Senior-level expectations, including qualifying for and participating in both regional and national level meets. Athletes and families should be prepared for a year-round commitment that includes:

- Prioritizing training and recovery across the full swim calendar year (September - July), with practices a minimum of 6 days per week, including weights and dryland.
- 100% meet attendance in coordination with Senior coaches regarding meets that swimmers should attend.
- 90% monthly practice attendance required, including during high school swim seasons
- Traveling outside the local area for competitions
- Increased meet & travel expenses

*Minimum Entry Criteria:*

- Sectionals/Futures time standards
- Demonstrated consistent training attendance
- Senior Coaches recommendation

# FEES

## Annual Registration Fee - REQUIRED

The Annual Registration Fee covers an admin fee and a portion of the expenses incurred by the competitive team, including but not limited to general liability insurance, coach education, professional fees, technology, dryland programming, pool rental, and more. When you pay this fee, you will receive a Welcome Packet that includes a t-shirt, one KING swim cap, stickers, and a team handbook. Swimmers are encouraged to wear this t-shirt at meets throughout the season.

- Discovery: \$150 per swimmer
- Challenge I & II, Performance I & II, all Senior groups: \$200 per swimmer

The Annual Registration fee DOES NOT include fees for meets and events, items on the equipment list, or other related charges.

## USA Swimming Fee - REQUIRED

After registering with KING, you will be prompted to register for membership with USA Swimming, our National Governing Body (NGB). This fee is paid directly to USA Swimming and is **REQUIRED** for athlete insurance and participation in USA Swimming sanctioned meets. KING will not be collecting the fee or processing USA Swimming membership as in years past, so it is your responsibility to make sure your swimmer(s) are registered properly with USA Swimming before attending their first practice.

If you need help, please email our Team Administrator, Elizabeth Yen.

For new members ages 12 & under in Age Group 1 or Novice training groups, register as FLEX Members.

## Monthly Training Fees - REQUIRED

Members will be billed on the first of every month for their current training group.

There will be no refunds for training fees. Exceptions will be made in the event of serious injury or extended illness. Missing practice due to vacation, school commitments, other sports, etc. should be communicated directly with your child's coach and are not eligible for refund.

Monthly training fees do not include meet fees, team apparel, team travel expenses, or optional activities outside of the pool.

KING does offer a Multiple Swimmer Discount as well as Financial Aid. Please contact the Billing Administrator for more details.

## Transfer Fee - REQUIRED

If you are transferring to KING from another USA Swimming club, the fee is \$15 per swimmer. The transfer must be initiated from your online USA Swimming account and the fee must be paid on the USA Swimming website. KING will not be collecting a fee, and there is no paper to fill out.

# FEES

## Swimmingly Meets Fees

Swimmingly meets during the Short Course season are smaller intrasquad meets. They are FUN competitions that provide an opportunity for swimmers and parents to familiarize themselves with competition in a stress free environment. There are no time standards to enter these meets (unless it is a championship meet), and they do not count toward a Flex member's two meet limit.

- September - May fee: \$18 per swimmer

Parents must sign their swimmer(s) up on the Swimmingly website and pay the fee directly to Swimmingly. KING will not collect fees.

## Sanctioned Meet Fees

Meets in this category are conducted under USA Swimming's technical and administrative rules. In order to participate in a sanctioned meet, participants must be a registered member of USA Swimming (includes athletes and adult participants). All times achieved will be recognized by USA Swimming and will count toward IMX/IMR, Club Excellence, and meet entry into any meets. Meets in this category DO count toward a Flex member's two meet limit. Once a Flex member has competed in two meets in a calendar year, they must upgrade to a Premium Membership to continue competing.

Fees for sanctioned meets vary as each host team sets the price.

## Equipment

This season, KING is excited to partner with Keifer Aquatics as our official supplier for all team gear and apparel. We remain a TYR sponsored team and will continue to prioritize and support the TYR brand. While it is preferred that athletes use TYR branded suits and gear, it is not mandatory. Function and comfort are the top priorities when it comes to daily training and competition needs. Families are responsible for purchasing practice suits, competition suits, goggles, and required training equipment. While some practice sites may have limited training equipment available for use, most do not. Please plan ahead and purchase your athlete's gear as needed. Access our equipment charts here: [KING Equipment Charts](#)

Throughout the year, there will be opportunities to order custom KING apparel, especially ahead of higher-level meets such as Zones and Nationals. At these meets, athletes are expected to represent TYR.

### PRACTICE SUIT EXAMPLES



Surge  
Diamond fit

Alliance  
Splice Jammer

### RACING SUIT EXAMPLES



Invictus Open  
Back

Fusion  
2 Jammer

# IMPORTANT POLICIES

## Parent Code of Conduct

When you register as a member KING, family members are required to agree to the team's Parent Code of Conduct. This is to establish clear and consistent expectations for behavior as parents in order to facilitate a nurturing environment for swimmers and a supportive environment for our coaching staff. It is the coaches' job to offer constructive criticism of swimming performance, while parents provide love, recognition, and encouragement. KING reserves the right to refuse or terminate membership for violating the policies agreed upon at the time of registration.

## Swimmer Code of Conduct

When you register your swimmer(s) as members of KING, they are required to agree to the Swimmer Code of Conduct. This document is a clear path of expected behavior when representing KING Aquatic Club in practice, at meets, or any other team-related function. Those who violate the Code of Conduct will be subject to disciplinary action, including but not limited to suspending or terminating membership.

## Withdrawal

If you plan to withdraw your membership from KING, please send the Team Administrator written notice prior to the 15th of the month. If your written notice is not received before the 15th, you will be responsible for paying full training fees for the following month.

For example, if you intend for your last month of practice with KING to be November, you will need to email the Team Administrator by November 15 in order to avoid being charged for December.

## KING Boosters Annual Work Share Policy

The success of KING hosted events greatly depends on the support of our families. It takes many volunteers to staff these events, so families working together and sharing the labor required ensures a more rewarding and successful swimming experience for everyone. Work Share hours may be accumulated through KING hosted meets, team related activities, and non-hosted meets where KING is required and approved to provide volunteers. For detailed information, please click the following link: [Work Share Policy](#)

## Additional Team Policies

In addition to the Codes of Conduct, Withdrawal, and Work Share policies, you are also required to agree to the following policies at registration:

- Safe Sport (MAAPP)
- Anti-Bullying
- Electronic Communication and Photography
- Locker Room
- Grievance Procedure

Please read through them carefully so you understand what you are agreeing to. A paper copy will be provided in the Team Handbook in your Welcome Packet.