

Additional Benefits:

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Children can learn to be better learners through swimming. Developing and using swimming skills engages the thinking processes.

As new techniques are learned, children must develop and plan movement sequences, and they will explore new ideas. They will learn that greater progress results from using their creative talents. Self-expression will be enhanced, and their accomplishments in learning and using new skills will contribute to a stronger self-image.

Age group swimmers also learn:

- to link quality of effort with quality of results
- to work cooperatively and unselfishly with others
- to value persistence and commitment
- to set goals and enjoy their achievements
- to make intelligent choices and decisions.

U.S. Swimming Club members on the average have higher grade point averages than participants in other organized sports and than non-participants. The higher grades in part can be attributed to some of the important priorities in the sport of swimming; such as goal setting, self-discipline, and time management.

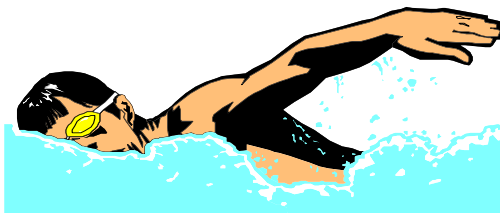
SCARLET AQUATICS

Scarlet Aquatics is the visionary of 4 Head Coaches who decided that pooling resources and working together in the best interest of the athletes and their families will yield the greatest benefits.

Scarlet Aquatics consists of 4 Divisions including: Scarlet-Wave (Bergen County), Scarlet-Elite (Essex County), Scarlet-Bayonne (Hudson County), and Scarlet-Rutgers (Somerset County). Each division practices locally and occasionally runs combined practices to challenge our best athletes. Divisions compete together Locally, Regionally, and Nationally making our team one of the strongest in the Northeast. By pooling their resources, Scarlet Aquatic Divisions, can offer resources to our members that give the athletes every opportunity for success at the highest level.

If you would like more information on the various divisions within Scarlet Aquatics, you can visit: www.scarletaquatics.org

For information about the Bergen County location of Scarlet Aquatics, you can visit: www.newjerseywave.org



SCARLET AQUATICS:
NJ WAVE DIVISION

A MEMBER CLUB OF UNITED STATES SWIMMING
LOCATED AT: BERGEN COMMUNITY COLLEGE
PARAMUS, NEW JERSEY

SCARLET AQUATICS

NEW JERSEY WAVE DIVISION



SWIM TEAM INFORMATION

"Not all swimmers can become an Olympian, but all swimmers can be developed and their skills enhanced as though they will become an Olympic Champion"

- Bill Sweetenham

Located at:

BERGEN COMMUNITY COLLEGE

*** (Please: no phone calls to college!)**

400 PARAMUS ROAD

PARAMUS, NJ 07652

e-mail: coachkeno@aol.com

www.newjerseywave.org

WHY IS AGE GROUP SWIMMING A WINNER?

With all the sports and activities that kids have to choose from today, why select swimming? United States Swimming's age group program is America's largest and most successful program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits. Many pediatricians recommend swimming as the very best developmental sport activity for children. The reasons are many:

- Swimming develops **high-level aerobic endurance**, the most important key to physical fitness.
- Swimming is the best activity for developing **proportional muscular development** because of its use of all the body's major muscle groups.
- Swimming **enhances children's natural flexibility** by exercising all their major joints through a full range of motion.
- Swimming **helps develop superior coordination** because it requires combinations of complex muscle function, grace, and fluidity of movement.
- Swimming is the **most injury free of all children's sports**.
- Swimming is a sport that **promotes fitness and enjoyment for life**.

MEET OUR HEAD COACH

KEN O'REILLY – Ken is beginning his 26th season as Head Coach / CEO. Throughout his 36 years of coaching experience he has coached a number of NJ State Champions, NJ State Record-holders, Sectional Qualifiers, Sectional Champions, USS Junior and Senior National Swimmers, US Open Swimmers, Junior National and US Open Finalists, Junior National Champions, World Junior Swimmers, a World Championship team member, multiple Olympic Trial Qualifiers and Finalists as well as several US National Junior team members and US National team members. He served on the 2024 World Championships Coaching Staff. The American Swim Coaches Association (ASCA) recognizes him as a Level 5 USS coach (highest level). He holds an degree in Business Administration from Manhattan College and a Masters in Teaching from Montclair State University.

2025-2026 TRYOUT SCHEDULE

ALL AGES:

SEPT 3 (WED) –All Ages 4-5:15 pm

SEPT 6 (SAT)-Make-Up 10-11am

**Coaches will observe your child's swimming skills in a friendly welcoming atmosphere to facilitate proper group placement.*

**Head Coach will be available during all sessions to answer questions!*

FOR MORE INFO:

E-Mail **COACH KEN O'REILLY**

Coachkeno@aol.com

www.newjerseywave.org

2025-2026 - 8 x MULTI-LEVEL DEVELOPMENTAL PROGRAM LEVELS

SWIMAMERICA SWIM LESSONS: 1x week, eight-week sessions– Program developed by the American Swim Coaches Association

- *An introduction to competitive swimming skills.
- * Teaching proper competitive stroke mechanics.
- * Safety & developing a sense of joy in the water.
- * Maximum of 5 swimmers per 30-minute group.

SUPER SQUAD PROGRAM: 3x a week - emphasizes development of competitive swimming skills and all four competitive strokes. 85% teaching, 15% conditioning, An important goal of the program is to develop self-esteem through accomplishment of new skills and to begin instilling competitive desires in young swimmers. Competitive experiences are offered appropriate to the swimmers level.

AGE GROUP 2 / AGE GROUP: 4x a week - provides a more advanced training emphasis while still focusing on skills development. Goal setting, sense of team, competition planning, and racing strategies become important skills to develop at this level.

SENIOR PREP PROGRAM: 5-6x a week - High level training and competitive program geared to advanced 9-12 year old swimmers who have already demonstrated a high level of commitment to the sport. A major goal of the program is to prepare swimmers to perform well at state and regional USS age group championships, as well as, developing technical and mental skills for future success at the senior level.

SENIOR DEVELOPMENT PROGRAM: 5x a week - 13 and over swimmers - Preparation for USS age group and High School championships level meets is an important goal as well as qualifying for senior state and regional level competition.

NATIONAL-SECTIONAL & SENIOR PERFORMANCE(ELITE TRAINING) 6-10x a week. These programs offer a high intensity training schedule geared to highly dedicated and determined athletes seeking success on the Regional and National level. Swimmers in this group make up one of the strongest senior level teams in the Northeast and have made our team well known Nationally.