



Bellevue Club Swim Team Group Descriptions  
Senior Program: **National Group**

<b>Coach:</b> Abi Liu	<b><u>Practice Location &amp; Times:</u></b> Bellevue Club <b>Pool:</b> M-F 3:45-5:45pm, M&W 5-7am, Sat 8:30-10:30am <b>Dryland:</b> Tu/Th 6-7pm, Sat 7:15-8:15am
<b>Minimum Requirements:</b> <ul style="list-style-type: none"> <li>High school age (14-18 years old)</li> <li>Single-sport athlete</li> <li>At least one Futures qualification (within 10% for boys), Close to Junior National qualifications in multiple events</li> <li>The final decision for selection to the National Group is at the discretion of the Head Coach</li> <li>After a formal interview with each swimmer and their parents</li> </ul>	
<b>Goals:</b> <ul style="list-style-type: none"> <li>The goal of the National is for swimmers to achieve competitive successes at their highest potentials</li> <li>Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers</li> <li>Swimmers will target Olympic Trial, National, U.S. Open and Junior National qualifications, as well as selection to the Junior National Team and National and Diversity Select Camps</li> <li>Swimmers are expected to attend all meets not limited to: select national meets (qualifiers), Sectional (summer, winter) and TYR Pro series (qualifiers), Invitational and Senior meets</li> </ul>	



**Practice Attendance:** 100% with all absences approved by the Head Coach in advance

**Meet Attendance:** 100% unless approved by the Head Coach in advance

**Gear:** kickboard, fins, paddles, snorkel, tempo trainer, competition suits and team apparel as specified by the Head Coach

Bellevue Club Swim Team Group Descriptions  
Senior Program: **Senior Performance Group**

<b>Coach:</b> Pedro Pereira	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> M/Tu/Th/F 3:45-5:45pm, M&W 5-7am, Sat 8:30-10:30am <b>Dryland:</b> M&W 6-7pm, Fri 6-7pm
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• High school age (14-18 years old) Preferably a single-sport athlete</li><li>• Close to Futures and/or multiple Senior Sectionals qualifications (within 10% for boys)</li><li>• The final decision for selection to the Senior Performance Group is at the discretion of the group Coach</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Senior Performance Group is for swimmers to achieve competitive successes at their highest potentials</li><li>• Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers and/or successful professional careers outside of the pool.</li><li>• Swimmers will target Senior Sectionals, Futures, Pacific Northwest All-Stars, Age Group Zones and Junior National qualifications</li><li>• Swimmers are expected to attend all meets not limited to: select national meets (qualifiers), Sectional (summer, winter), Invitationals, and LSC Championship meets</li></ul>	



**Practice Attendance:** 90% with all absences approved by the Group Coach in advance

**Meet Attendance:** 100% unless approved by the Group Coach in advance   **Gear:**

Snorkels, Fins, Paddles, and Team Suit

## Bellevue Club Swim Team Group Descriptions   Senior

### Program: **Senior 1 Group**

<b>Coach:</b> Kara Forbis	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> Mon 5-7am, Tu/Th/Fri 5:45-7:30pm, Wed 3:45-5:15pm, Sat 10:30am-12:30pm <b>Dryland:</b> M&W 4:30-5:30pm, Sat 9:15-10:15am
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• High school age (14-18 years old)</li><li>• Preferably a single-sport athlete</li><li>• Close to Senior Sectional and/or Age Group Regionals qualifications (within 10% for boys) in multiple events</li><li>• The final decision for selection to the Senior 1 Group is at the discretion of the Group Coach</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Senior 1 Group is for swimmers to achieve competitive successes at their highest potentials</li><li>• Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers and/or successful professional careers outside of the pool.</li><li>• Swimmers will target Senior Sectionals, Age Group Regionals, Pacific Northwest All-Stars, Age Group Zones, and LSC Championship Meets.</li><li>• Swimmers are expected to attend all meets not limited to: Senior Sectionals, Age Group Regionals, Invitationals and LSC Championships</li></ul>	



**Practice Attendance:** 85% with all absences approved by the Group Coach in advance

**Meet Attendance:** 100% unless approved by the Group Coach in advance

**Gear:** Snorkels, Fins, Paddles, and Team Suit

## Bellevue Club Swim Team Group Descriptions

### Senior Program: **Senior 2 Group**

<b>Coach:</b> Kara Forbis	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> M/Fr 5-7am, Wed 7:30-9pm, Th 5:45-7:30pm, Sat 8:45-10:15am <b>Dryland:</b> Tu/Th 4:30-5:30pm, Fri 4:15-5:15pm
<b>Minimum Requirements:</b> <ul style="list-style-type: none"> <li>• High school age (14-18 years old)</li> <li>• Ideal for multi-sport athletes and those with multiple academic &amp; extracurricular activities</li> <li>• The final decision for selection to the Senior 2 Group is at the discretion of the Group Coach</li> </ul>	
<b>Goals:</b> <ul style="list-style-type: none"> <li>• The goal of the Senior 2 is for swimmers to achieve competitive successes at their highest potentials</li> <li>• Forming and contributing to a strong group dynamic is a primary focus</li> <li>• Swimmers will target PNS time standards</li> <li>• Swimmers are expected to attend any meets they can</li> </ul>	



**Practice Attendance:** 75% with all absences approved by the Group Coach in advance

**Meet Attendance:** 100% unless approved by the Group Coach in advance **Gear:**

Snorkels, Fins, Buoy, & Paddles



Bellevue Club Swim Team Group Descriptions  
Age Group Program: Senior Prep Group

<b>Coach:</b> Pedro Pereira	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> Mon/Tu/W/Th 5:30-7:30pm, Fri 5-7am, Sat 10:30am-12:30pm <b>Dryland:</b> Wed 4-4:45, Fr 4:15-5:15 Sat 9:15-10:15am
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• Middle school age (12-14 years old)</li><li>• Single-sport athletes</li><li>• Age Group PNS in multiple events</li><li>• The final decision for selection to the Senior Prep Group is at the discretion of the Group Coach</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Senior Prep is for swimmers to achieve competitive successes at their highest potentials</li><li>• Contributing to a strong team dynamic will be emphasized to prepare swimmers for the transition to senior swimming</li><li>• Swimmers will target Age Group PNS, Senior Sectionals, Zones, and Futures time standards as well as pushed to apply for Zone and Diversity Select Camps</li><li>• Swimmers are expected to attend all meets not limited to: PNS, Sectional, Zone, and National meets.</li></ul>	
<b>Practice Attendance:</b> 95% with all absences approved by the Group Coach in advance <b>Meet Attendance:</b> 100% unless approved by the Group Coach in advance <b>Gear:</b> Snorkels, Fins, Buoy, & Paddles	



Bellevue Club Swim Team  
Group Descriptions  
Age Group Program: **Champ Group**

<b>Coach:</b> Dwight Anderson	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> Mon/Wed/Fr 5:45-7:15pm, Tu/Th 7:15-9pm, Sun 810am <b>Dryland:</b> Mon 4:30-5:15pm and Wed 4:45-5:30pm
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• Middle school age (11-14 years old)</li><li>• Multiple PNS GOLD qualifying times</li><li>• 12x100's Free @1:45 and 12x100 's IM @2:00</li><li>• The final decision for selection to the Champ Group is at the discretion of the Group Coach</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Champ group is for swimmers to achieve competitive successes at their highest potentials</li><li>• Strong team dynamic, stroke technique, racing skills, goal setting, and work ethic will be emphasized to prepare swimmers for their Senior swimming careers.</li><li>• Swimmers will target PNS and Regional Championship meets</li><li>• Swimmers are expected to attend all Championship Meets</li></ul>	
<b>Practice Attendance:</b> 80% with all absences approved by the Group Coach in advance <b>Meet Attendance:</b> 100% unless approved by the Group Coach in advance <b>Gear:</b> Snorkels, fins, paddles are required	



Bellevue Club Swim Team  
Group Descriptions  
Age Group Program:  
**Regional Group**

<b>Coach:</b> Dwight Anderson	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> Mon/Tu/Wed/Th/Fr 7:15-9pm, Sun 8-10am <b>Dryland:</b> Mon/Wed 6:15-7pm
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• Middle school age (11-13 years old)</li><li>• Multiple 2024 Winter SCY PNS Qualifying times</li><li>• 12x100's Free @1:35 and 12x100's IM @1:45</li><li>• The final decision for selection to the Regional Group is at the discretion of the Group Coach</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Regional group is for swimmers to achieve competitive successes at their highest potentials</li><li>• Strong team dynamic, stroke technique, racing skills, and work ethic will be emphasized to prepare swimmer for their senior swimming careers</li><li>• Swimmers will target PNS, Regional, and Zone Championship swim meets</li><li>• Swimmers are expected to attend all meets unless absence approved by coach in advance</li></ul>	
<b>Practice Attendance:</b> 80% with all absences approved by the Group Coach in advance <b>Meet Attendance:</b> 100% unless approved by the Group Coach in advance <b>Gear:</b> Snorkels, fins, paddles are required	



<b>Coach:</b> Gage Fouse	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> Tu/Th 6:15-7:30pm and Sun 11:30-1pm
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• Middle school age (11-14 years old)</li><li>• Be able to complete a legal 200IM</li><li>• Able to swim continuous 200 scm freestyle and 100 scm of breaststroke, backstroke, and butterfly with legal strokes.</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• Knowledge of personal best times and improvement of those times throughout the year</li><li>• Develop technique and endurance base</li><li>• Achieve Gold time standards</li><li>• Be able to complete 10x100 freestyle / 2:00</li></ul>	
<b>Practice Attendance:</b> 95% with all absences approved by the Group Coach in advance <b>Meet Attendance:</b> 100% unless approved by the Group Coach in advance <b>Gear:</b> Training equipment, competition suits and team apparel as specified by the group Coach	

Bellevue Club Swim Team Group Descriptions  
Developmental Program: **Orange Group**



<b>Coach:</b> Dwayne Stewart	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> M/W/F 7:15-9:00pm, Sat 12:30-2pm <b>Dryland:</b> 15 minutes of on deck dryland before every practice
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• Elementary school age (9-11 years old)</li><li>• Swimmers are encouraged to participate in other sports if they are still able to attend 4 practices per week.</li><li>• Should have Gold standards and multiple Winter SCY PNS Qualifying times with goal of qualifying for Age Group Regionals.</li><li>• 8 x 100's SCM @1:50.</li><li>• The final decision for selection to the Orange Group is at the discretion of the Group Coach.</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Orange is for swimmers to achieve competitive successes at their highest potentials while developing their technique and stamina.</li><li>• Strong team dynamic will be emphasized to develop camaraderie and a love for the sport while preparing for the Age Group Program.</li><li>• Swimmers will target PNS time standards and possible Age Group Regionals or Age Group Zones.</li><li>• Swimmers should attend all qualified meets not limited to: Age Group Regionals, Invitational Meets, and LSC Championships.</li></ul>	
<b>Practice Attendance:</b> Swimmers should attend all practices offered to them. <b>Meet Attendance:</b> Swimmers should try to attend all meets in which they qualify to compete <b>Gear:</b> BCST Team Suit and Cap, kick board (optional), snorkel, training fins, and team apparel as specified by the group Coach.	



## Bellevue Club Swim Team Group

Descriptions Developmental Program:

### Gold Group

<b>Coach:</b> Gage Fouse	<b>Practice Location &amp;</b> <b>Times:</b> Bellevue Club <b>Pool:</b> Gold 1: Mon/Wed/Fri 6:15-7:30, Sunday 10:11:30 Gold 2: M/Tu/Th 7:30-8:45pm, Sunday 10:11:30
<b>Minimum Requirements:</b> <ul style="list-style-type: none"> <li>• Elementary school age (8-11 years old)</li> <li>• Single-sport athlete</li> <li>• Be able to complete a legal 100IM and 100 freestyle continuous</li> <li>• Achieve PNS times</li> </ul>	
<b>Goals:</b> <ul style="list-style-type: none"> <li>• The goal of Gold is for swimmers to achieve competitive successes at their highest potentials</li> <li>• Basic use of the pace clock</li> <li>• Swimmers will be taught to be aware of their best times and to swim for personal improvement</li> <li>• Must have the ability to complete 8 X 100 SCM Free/ 2:30</li> </ul>	
<b>Practice Attendance:</b> 95% with all absences approved by the Group Coach in advance <b>Meet Attendance:</b> 100% unless approved by the Group Coach in advance <b>Gear:</b> Training equipment, competition suits and team apparel as specified by the group Coach	



## Bellevue Club Swim Team Group

### Descriptions

#### Developmental Program: Silver Group

<b>Coach:</b> Dwayne Stewart	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> Tu/Th/F 5:15-6:15pm
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• Elementary school age (7-9 years old)</li><li>• Encouraged to participate in other sports as well</li><li>• The final decision for selection to the Bronze Group is at the discretion of the Group Coach</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Silver is for swimmers to learn how to become a competitive swimmer while developing the technical skills they will be needed in their future swimming.</li><li>• Strong team dynamic will be emphasized to develop camaraderie and a love for the sport.</li><li>• Swimmers will target Silver and possibly some Gold time standards.</li><li>• Swimmers should try to attend all meets in which they qualify to compete.</li></ul>	
<b>Practice Attendance:</b> Should try to attend 3 practices per week. <b>Meet Attendance:</b> Should attend all meets that are available for them to swim. <b>Gear:</b> BCST Team Suit and Cap, kick board (optional), snorkel, training fins, and team apparel as specified by the group Coach.	



Bellevue Club Swim Team Group Descriptions  
Developmental Program: **Bronze Group**

<b>Coach:</b> Dwayne Stewart	<b>Practice Location &amp; Times:</b> Bellevue Club <b>Pool:</b> M/W 5:15-6:15pm and Fri 4:15-5:15pm
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>• Elementary school age (6-8 years old)</li><li>• Must have ability to swim all 4 competitive strokes and should have a legal breaststroke kick.</li><li>• Encouraged to participate in other sports as well</li><li>• The final decision for selection to the Bronze Group is at the discretion of the Group Coach</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>• The goal of the Bronze is for swimmers to learn how to be a competitive swimmer while developing the technical skills that will be needed in their future swimming.</li><li>• Strong team dynamic will be emphasized to develop camaraderie and a love for the sport.</li><li>• Swimmers will target Silver and possibly some Gold time standards.</li><li>• Swimmers should try to attend all meets in which they qualify to compete.</li></ul>	
<b>Practice Attendance:</b> Should try to attend 3 practices per week. <b>Meet Attendance:</b> Should attend all meets that are available for them to swim. <b>Gear:</b> BCST Team Suit and cap, kick board (optional), snorkel, training fins, and team apparel as specified by the group Coach.	

