



Bellevue Club Swim Team Group Descriptions
Senior Program: National Group

Coach: Abi Liu	<u>Practice Location & Times:</u> Bellevue Club Pool: M-F 3:45-5:45pm, M&W 5-7am, Sat 8:30-10:30am Dryland: Tu/Th 6-7pm, Sat 7:15-8:15am
Minimum Requirements: <ul style="list-style-type: none">• High school age (14-18 years old)• Single-sport athlete• At least one Futures qualification (within 10% for boys), Close to Junior National qualifications in multiple events• The final decision for selection to the National Group is at the discretion of the Head Coach• After a formal interview with each swimmer and their parents	
Goals: <ul style="list-style-type: none">• The goal of the National is for swimmers to achieve competitive successes at their highest potentials• Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers• 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• 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	
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

<p>Coach: Kevin Viliunas</p>	<p><u>Practice Location & Times:</u></p> <p>Bellevue Club</p> <p>Pool: M/Tu/Th/F 3:45-5:45pm, M&W 5-7am, Sat 8:30-10:30am</p> <p>Dryland: M&W 6-7pm, Fri 6-7pm</p>
<p>Minimum Requirements:</p> <ul style="list-style-type: none"> • High school age (14-18 years old) Preferably a single-sport athlete • Close to Futures and/or multiple Senior Sectionals qualifications (within 10% for boys) • The final decision for selection to the Senior Performance Group is at the discretion of the group Coach 	
<p>Goals:</p> <ul style="list-style-type: none"> • The goal of the Senior Performance Group is for swimmers to achieve competitive successes at their highest potentials • Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers and/or successful professional careers outside of the pool. • Swimmers will target Senior Sectionals, Futures, Pacific Northwest All-Stars, Age Group Zones and Junior National qualifications • Swimmers are expected to attend all meets not limited to: select national meets (qualifiers), Sectional (summer, winter), Invitationals, and LSC Championship meets 	
<p>Practice Attendance: 90% with all absences approved by the Group Coach in advance</p> <p>Meet Attendance: 100% unless approved by the Group Coach in advance</p> <p>Gear: Snorkels, Fins, Paddles, and Team Suit</p>	



Bellevue Club Swim Team Group Descriptions
Senior Program: Senior 1 Group

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

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

Coach: Kevin Viliunas	Practice Location & Times: Bellevue Club Pool: Mon/Tu/W/Th 5:30-7:30pm, Fri 5-7am, Sat 10:30am-12:30pm Dryland: Wed 4-4:45, Fr 4:15-5:15 Sat 9:15-10:15am
Minimum Requirements: <ul style="list-style-type: none">• Middle school age (12-14 years old)• Single-sport athletes• Age Group PNS in multiple events• The final decision for selection to the Senior Prep Group is at the discretion of the Group Coach	
Goals: <ul style="list-style-type: none">• The goal of the Senior Prep is for swimmers to achieve competitive successes at their highest potentials• Contributing to a strong team dynamic will be emphasized to prepare swimmers for the transition to senior swimming• 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• Swimmers are expected to attend all meets not limited to: PNS, Sectional, Zone, and National meets.	
Practice Attendance: 95% 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: **Champ Group**

Coach: Dwight Anderson	Practice Location & Times: Bellevue Club Pool: Mon/Wed/Fr 5:45-7:15pm, Tu/Th 7:15-9pm, Sun 8-10am Dryland: Mon 4:30-5:15pm and Wed 4:45-5:30pm
Minimum Requirements: <ul style="list-style-type: none">• Middle school age (11-14 years old)• Gold qualifying times• 12x100's @1:45 freestyle• The final decision for selection to the Champ Group is at the discretion of the Group Coach	
Goals: <ul style="list-style-type: none">• The goal of the Champ group is for swimmers to achieve competitive successes at their highest potentials• Strong team dynamic, stroke technique, racing skills, goal setting, and work ethic will be emphasized to prepare swimmers for their Senior swimming careers.• Swimmers will target PNS and Regional Championship meets• Swimmers are expected to attend all Championship Meets	
Practice Attendance: 80% 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 are required	



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

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



Bellevue Club Swim Team Group Descriptions
Age Group Program: Divisional Group

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



Bellevue Club Swim Team Group Descriptions
Developmental Program: Orange Group

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

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



Bellevue Club Swim Team Group Descriptions
Developmental Program: Silver Group

Coach: Dwayne Stewart	Practice Location & Times: Bellevue Club Pool: Tu/Th/F 5:15-6:15pm
Minimum Requirements: <ul style="list-style-type: none">• Elementary school age (7-9 years old)• Encouraged to participate in other sports as well• The final decision for selection to the Bronze Group is at the discretion of the Group Coach	
Goals: <ul style="list-style-type: none">• 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.• Strong team dynamic will be emphasized to develop camaraderie and a love for the sport.• Swimmers will target Silver and possibly some Gold time standards.• Swimmers should try to attend all meets in which they qualify to compete.	
Practice Attendance: Should try to attend 3 practices per week. Meet Attendance: Should attend all meets that are available for them to swim. Gear: 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

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