

MCSD Mission and Vision

The Mendocino Coast Sea Dragons swim team is a year-round swimming club that supports swimmers of all ages and abilities in achieving their swimming goals. The MCSD coaching staff provides professional and high-quality coaching and technique instruction that focuses on swimming fundamentals. Ultimately the goal of MCSD is to inspire a life-long love of swimming for all of our swimmers, from novice to elite.

MCSD provides a safe and fun environment for swimmers to push themselves physically and mentally. Swimmers learn the importance of dedication, hard work, commitment, goal-setting, and sportsmanship while having fun in the pool with friends. Coaches recognize, support and celebrate each swimmer's individual needs, goals and achievements.