



THUNDERBIRDS AQUATIC CLUB TEAM MEMBER HANDBOOK

2025-2026

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Table of Contents

Part 1: Welcome to Thunderbirds Aquatic Club

- Vision and Mission.....
- Coaching Philosophy.....
- Program Development Goal.....
- USA Swimming Local Swimming Committees (LSC) & Zones.....
- Pacific Northwest Simming (PN).....

Part 2: Season Calendar and Practice Schedule

- 12-month overview.....
- Daily Practice Schedules.....
 - Schedule 1 (September-February 19).....
 - Schedule 2(February 20-August 3).....
- Season Swim Meet Schedule.....

Part 3: Time Standard Achievement

- PN Time Standard Pyramid
- USA Swimming Time Standard Pyramid

Part 4: Team membership types, fees, and benefits

- Premium
- Flex
- Season 1 and Season 2
- Outreach

Part 5: Training Group Descriptions, Goals, and Qualifications

- Competition Track
 - Silver A
 - Gold A
 - Junior A
 - Senior A
- Multi-Sport/Recreational Track
 - Bronze A
 - Bronze B
 - Silver B
 - Gold B
 - Junior B
 - Senior B

Part 6: Financial Commitment Acknowledgement

- Collection Structure
- Fees paid to Fidalgo Pool and Fitness Center
- Fees paid to TAC Boosters

TAC Vision

Thunderbirds Aquatic Club is designed to offer an aquatic sporting environment for swimmers who have chosen swimming as their competitive sport and for the multi-sport athlete.

The structure of program development maintains consistent competitive performance through the collaborative efforts of swimmers and coaching staff. It is intended to support the physical development, cognitive skills, and aquatic education of swimmers aged 6-18. It emphasizes growth, provides structured training, and offers guidance aimed at supporting both short-term and long-term achievements of swimmers, in and out of the pool.

TAC Mission

To provide an aquatic learning environment that encourages and challenges the growth and development of life skills that swimming develops in a safe, healthy, and positive environment for athletes in a competitive atmosphere

COACHING PHILOSOPHY

Implementing straightforward methods and consistent effort fosters an environment that emphasizes integrity, accountability, and sportsmanship. By aligning challenges with swimmers' skill levels, the program maintains a learning space that is safe, constructive, and appropriately challenging for all ages.

COACHING STAFF GOAL

Our coaching staff strives to offer the best challenge to the skill level of our swimmers within their training groups. Encouragement through those challenges can foster growth of skills that enable a continuation of the swimming career post high school. Our age group development goal is to develop a skill set in the pool that obtains scholarship offers at the NAIA, Junior College, and NCAA levels to help support continued education inside and outside the pool.

2025-2026 Thunderbird Aquatic Club
Fall Short Course Yards Season
Membership Participation Types: Premium,
Outreach, Flex, Season 1

September 2025						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

2nd: Bronze A&B, Silver A&B, parent meeting

3rd: Junior B, Junior A, Senior parent meeting

4th: First Day of Practice

20th: TAC Black vs. Pink Intrasquad and Team Pictures

October

4th-5th: BBST Fall Kickoff Invitational

6th: No practice

11th-12th: MMSC Marlins Invitational

13th: No practice

25th-26th: TAC Fall Thunderbird Open

27th: No practice

November

7th-8th: No practice, high school districts

22nd-23rd: Nov. Age Group Invitational

27th-30th: No practice, Thanksgiving break

December

6th-7th: PN Fall Divisionals

12th-14th: PN 12&U Short Course Championships

19th-21st: PN WA. State Senior Championships

22nd-31: Winter break, no practice

2025-2026 Thunderbird Aquatic Club
 Winter Short Course Yards Season
 January – April
 Membership Participation Types: Premium,
 Outreach, Flex

January 2026						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

January

1st-4th: Winter break, no practice
31st: Season 1 membership ends
***Season 1 members must update USA swimming membership for further participation*

February

7th: TAC Island Express Invitational
13th-14th: High school districts, practice
20th: Practice Schedule Change Junior B&A, Senior B&A
27th-1st: PN Feb. Age Group Invitational

March

1st: PN Feb. Age Group Invitational
2nd: No practice
12th-15th: Speedo Sectionals
19th-22nd: NW Age Group Regional
27th-29th: PN Spring Finale
30th-30st: Spring break, no practice

April

1st-12th: Spring break, no practice
13th: Season 2 participation starts
18th-19th: MMSC Marlins Madness
20th: No practice
***Season 2 memberships begin*

2025-2026 Thunderbird Aquatic Club
 Spring & Summer Long Course Meters Season
 May – August
 Membership Participation Types: Premium,
 Outreach, Flex, Season 2

May 2026						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2026						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2026						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

May

9th: PN House of Delegates Meeting
15th-17th: PN TAC Spring Thunderbird Open
18th: No practice
22nd-25th: Memorial Day Break, no practice
29th: Swim-TAC-ular fundraiser

June

6th-7th: Summer Pentathlon and Distance Open
8th: No practice
19th-21st: Starlight Open, Wenatchee
22nd-23rd: No practice

July

3rd-5th: Fourth of July weekend, no practice
4th: TAC Fourth of July Parade
16th-19th: PN 13&O LC Champs
24th-26th: PN 12&U LC Champs
31st: Last practice and End of the year BBQ

August

1st: NCSSL Championships
3rd-16th: FPFC Maintenance Closure

Thunderbird Aquatic Club
Weekly Practice Schedule
September – February 19

Monday/Wednesday/Friday							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing
5:45am-6:15am	Sr. A	Sr. B					
6:15am-6:45am	Sr. A	Sr. B	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Walking
6:45am-7:30am	Sr. A	Sr. B	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Water Walking
5:00pm-5:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:15pm-5:30pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:30pm-5:45pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:45pm-6:00pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
6:00pm-6:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Public Use
6:15pm-6:30pm	Bronze A	Junior A	Junior B	Gold A	Gold B	Gold B	Public Use
6:30pm-6:45pm	Bronze A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use
6:45pm-7:00pm	Bronze A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use
7:00pm-7:15pm	Bronze A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use
7:15pm-7:30pm	Junior A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use
7:30pm-7:45pm	Junior A	Junior A	Junior B	Junior B	Lap Swim	Lap Swim	Public Use

Tuesday/Thursday							
	Weighth Room						
6:30am-7:30am	Sr. A and Sr. B						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing
5:00pm-5:15pm	Gold A/B	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr A	
5:15pm-5:30pm	Gold A/B	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr.A	
5:30pm-5:45pm	LTS	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr.A	LTS
5:45pm-6:00pm	LTS	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr.A	LTS
6:00pm-6:15pm	LTS	Gold A/B	Gold A/B	Silver A/B	Silver A/B	Sr.A	LTS
6:15pm-6:30pm	LTS	Gold A/B	Gold A/B	Junior B	Sr. B / Jr. A	Sr.A	Public Use
6:30pm-6:45pm	Lap Swim	Lap Swim	Junior B	Junior A	Sr. B / Jr. A	Sr.A	Public Use
6:45pm-7:00pm	Lap Swim	Lap Swim	Junior B	Junior B	Junior A	Sr. B	Public Use
7:00pm-7:15pm	Lap Swim	Lap Swim	Junior B	Junior B	Junior A	Sr. B	Public Use
7:15pm-7:30pm	Lap Swim	Lap Swim	Junior B	Junior B	Junior A	Sr. B	Public Use
7:30pm-7:45pm	Lap Swim	Lap Swim	Junior B	Junior B	Junior A	Sr. B	Public Use

Thunderbird Aquatic Club
Weekly Practice Schedule
February 20 – August 1

Monday/Wednesday/Friday							
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing
3:15pm-3:30pm	Sr.A	Sr.B	Sr.B	Junior A	Junior B	Junior B	TAC
3:30pm-4:00pm	Sr.A	Sr.B	Sr.B	Junior A	Junior B	Junior B	TAC
4:00pm-4:15pm	Sr.A	Sr.B	Sr.B	Junior A	Junior B	Bronze A	TAC
4:15pm-4:30pm	Sr.A	Sr.B	Sr.B	Junior A	Junior B	Bronze A	TAC
4:30pm-4:45pm	Sr.A	Sr.B	Sr.B	Junior A	Junior B	Bronze A	TAC
4:45pm-5:00pm	Sr.A	Sr.B	Sr.B	Gold A	Gold B	Bronze A	TAC
5:00pm-5:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:15pm-5:30pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:30pm-5:45pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
5:45pm-6:00pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Bronze B
6:00pm-6:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Public Use

Tuesday/Thursday							
	Weighth Room						
6:30am-7:30am	Sr. A and Sr. B						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Shallow Wing
3:15pm-3:30pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
3:30pm-4:00pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:00pm-4:15pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:15pm-4:30pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:30pm-4:45pm	Sr. A	Sr. B	Sr. B	Junior A	Junior B	Junior B	TAC
4:45pm-5:00pm	Sr. A	Sr. B	Sr. B	Gold A	Gold B	Gold B	TAC
5:00pm-5:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
5:15pm-5:30pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
5:30pm-5:45pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
5:45pm-6:00pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	LTS
6:00pm-6:15pm	Silver A	Silver B	Silver B	Gold A	Gold B	Gold B	Public Use

Thunderbird Aquatic Club ***Swim Meet Schedule***

Month	Day(s)	Meet Name	Meet Format	Time Standards	Volunteer Sessions	Location
September	20	2025 PN TAC Black vs. Pink Intrasquad	Timed Finals	None	1	Fidalgo Pool and Fitness Center
October	4-5	2025 PN BBST Fall Kickoff	Timed Finals	None	0	Arne Hanna Aquatic Center
October	11-12	2025 PN MMSC Marlins Fall Invitational	Timed Finals	None	0	Snohomish Aquatic Center
October	25-26	2025 PN TAC Fall Thunderbird Open	Timed Finals	None	4	Fidalgo Pool and Fitness Center
November	22-23	2025 PN November Age Group Invitational	Timed Finals	PN Gold/Silver	0	TBD
December	6-7	2025 PN Fall Divisional	Timed Finals	Dequalifying with PN Champs	0	TBD
December	12-14	2025 PN 14&U Champs	Prelims & Finals	PN Champs	0	Weyerhaeuser King County Aquatic Center
December	18-21	2025 WA State Senior Champs	Prelims & Finals	WA State Senior Champs	0	Weyerhaeuser King County Aquatic Center

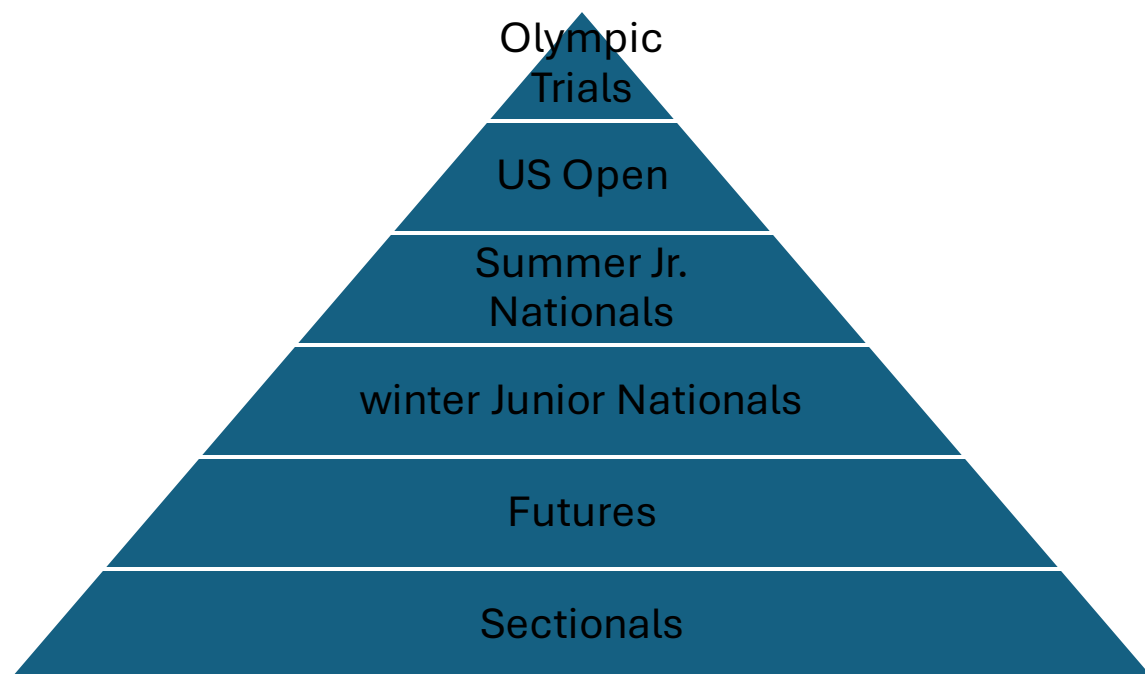
Thunderbird Aquatic Club ***Swim Meet Schedule***

Month	Day(s)	Meet Name	Meet Format	Time Standards	Volunteer Sessions	Location
January	24-25	2026 PN BBST Aly Fell Memorial Sprint Classic	Timed Finals	None	0	Arne Hanna Aquatic Center
February	7	2026 PN TAC Island Express	Timed Finals	None	1	Fidalgo Pool and Fitness Center
February	27-01	2026 PN Feb. Age Group Invitational	Prelims & Finals	YES Silver/Gold	5	Fidalgo Pool and Fitness Center
March	27-29	2026 Spring Finale	Prelims & Finals	YES Silver/Gold	5	Fidalgo Pool and Fitness Center
May	15-17	2026 PN TAC Spring Thunderbird Open	Timed Finals	None	5	Fidalgo Pool and Fitness Center
June	6-7	2026 PN TAC Summer Pentathlon and Distance Open	Timed Finals	None	3	Fidalgo Pool and Fitness Center
June	19-21	2026 IE Starlight Open	Timed Finals	None	6	Wenatchee City Pool, Wenatchee, WA
July	16-19	2026 PN 13&Over LC Champs	Prelims & Finals	PN Champs	0	Weyerhaeuser King County Aquatic Center
July	24-26	2026 PN 12&Under LC Champs	Prelims & Finals	PN Champs	0	Weyerhaeuser King County Aquatic Center
August	2	2026 PN MMSC North Cascade Summer Swim League Champs	Timed Finals	Dequalifying PN Champs	0	Snohomish Aquatic Center

PNS Time Standard Pyramid



USA Swimming Time Standard Pyramid



Financial Acknowledgment

Fee Schedule and Collection

Fidalgo Pool and Fitness Center

Thunderbird Aquatic Club team members financial contributions are collected by FPFC and Thunderbird Aquatic Club Boosters. Thunderbird Aquatic Club is an institutionally owned organization by FPFC and has support from the Thunderbird Aquatic Club Boosters in the form of a 501c(3) organization. As such, separate fee collections are taken for FPFC and Thunderbird Aquatic Club Boosters.

To ensure the quality of coaching, coaching stability, and funding of coaching positions through the 2025-2026 season, the following acknowledgements are in place:

Team members acknowledge that their commitment to TAC is for the duration of their USA swimming membership.

- Premium Membership: Full season participation
- Flex membership: Full season participation
- Season 1 membership: September – January for a 150 day period
- Season 2 membership: April – August for a 150 day period
- Outreach: Up to full season participation available

Team members acknowledge fees paid to FPFC support team water and strength conditioning time, facility maintenance and operation costs, coaches wages, training fees, and equipment.

Team members acknowledge they may choose either a discounted one-time payment or monthly payment option, matching their USA swimming membership duration for the 2025-2026 season.

Team members acknowledge these FPFC Team Fees

Training Group	Yearly Group Fee	Monthly Payment	One-Time Payment (10% discount)
Senior A and B	\$2,028.00	\$169.00	\$1,825.20
Junior A and B	\$1,908.00	\$159.00	\$1,717.20
Gold A and B	\$1,716.00	\$143.00	\$1,544.40
Silver A and B	\$1,416.00	\$118.00	\$1,274.40
Bronze A and B	\$1,008.00	\$84.00	\$907.20

Team members acknowledge that the following situations may be considered for a team member commitment and payment cancellation from FPFC and Thunderbird Aquatic Club during the 2025-2026 season.

- Team members family relocation out of the area
- Team member local PN team transfer
- Team member extended medical leave of absence
 - Team members have an opportunity to return when healthy and cleared by family physicians.
- Team member payments stress a financial hardship
- Team members no longer wish to participate
 - Team members may have an opportunity to return

Team members acknowledge that notification of team member termination is given prior to the 15th of the current month to stop the next month of billing.

Team members acknowledge that notifications of team member termination given after the 15th of the current month will have the preceding month billed before cancellation.

Team members acknowledge that their account must not be in delinquency to practice, compete at swim meets, and use facility benefits that come with TAC membership.

Team members acknowledge facility benefits that come with TAC membership will cease upon termination of TAC commitment or payment has been missed.

Team members acknowledge that a holding fee of \$50.00 will be charged if a swimmer would like to retain their USA swimming membership but take a break from their swimming commitment with the intention of returning.

Financial Acknowledgement

Fee Schedule and Collection

Thunderbird Aquatic Club Boosters

Thunderbird Aquatic Club (TAC) team members financial dues are collected by Fidalgo Pool and Fitness Center (FPFC) and the Thunderbird Aquatic Club Boosters. TAC is an institutionally owned organization by FPFC and has support from the TAC Boosters in the form of a 501c(3) organization. As such, separate fee collections are taken by Fidalgo Pool and Fitness Center and Thunderbird Aquatic Club Boosters.

To ensure the functionality of the TAC Boosters, team support, and facility support the following are in place:

Team members acknowledge dues to the 501c (3) TAC Booster aid in team fundraising, meet entry fees, team swim caps and apparel, team and facility swim equipment, swim meet rental space, and coaching staff support.

Team members acknowledge that a valid credit or debit card is listed in their SportEngine website profile during the season. Missed charges will result in an accrual of missed charges.

Team members acknowledge dues to the 501c (3) TAC Booster organization will be made via a team member profile connected with the TAC “SportEngine” website. Automatic payments for monthly charges will be processed the 1st of each month.

Team members acknowledge these TAC Booster Fees

Fee	One Time Payment: September	One Time Payment at Registration:	Monthly Fee
Team Registration	\$100.00	--	--
TAC Booster Dues	--	--	\$40.00

Team members acknowledge that there are no TAC booster dues in the month of August.

Team members acknowledge that the following situations may be considered for a team members commitment termination and payment cancellation from TAC during the 2025-2026 season.

- Team member family relocation out of the area.
- Team members local PN team transfer
- Team member extended medical leave of absence

- Team members have an opportunity to return when healthy and cleared by family physicians.
- Team member payments stress a financial hardship

Team member acknowledge that notification of team member termination is given prior to the 15th of the current month to stop the next month of billing.

Team members acknowledge that the USA swimming membership is paid directly to USA swimming and new swimmers will receive a registration link sent from TAC to obtain their membership.

Team members acknowledge that financial aid is available to swimmers via USA swimming outreach program. The outreach program is available to swimmers who can complete the Pacific Northwest swimming Outreach Program affidavit form.

FINANCIAL ACKNOWLEDGMENT

Fee Schedule and Collection

USA Swimming Membership

Thunderbird Aquatic Club is a member of USA swimming. As such all swimmers must obtain a USA swimming membership. The membership ensures team insurance programs and swimmer practice and swim meet participation requirements.

Team members acknowledge that swimmers must obtain a USA swimming membership to maintain practice and meet participation requirements for the 2025-2026 season.

- Membership will begin processing September 1, 2025 and remain valid through the duration of each membership
- Returning swimmers who have a premium membership can renew their membership online their USA swimming account log in

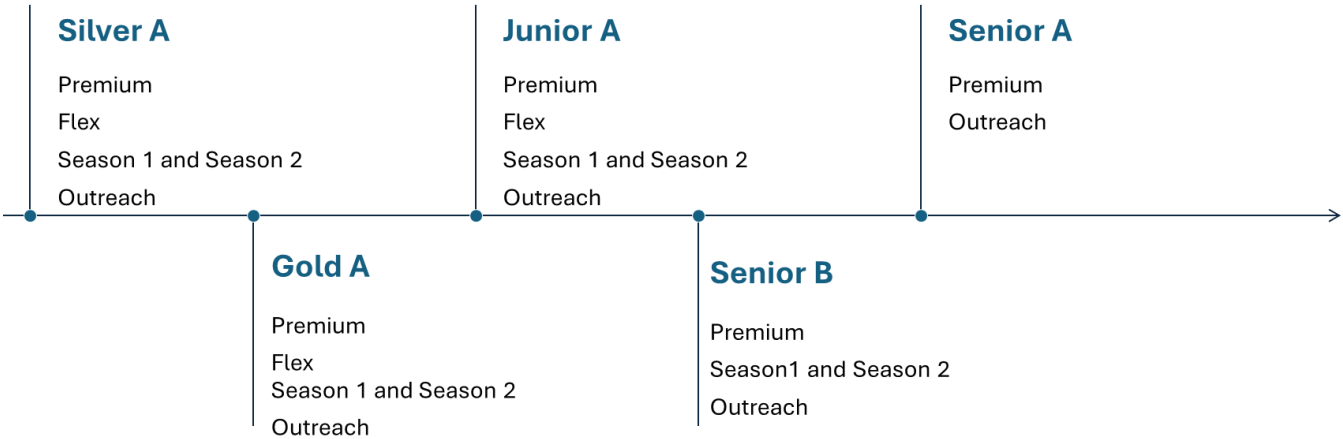
Team members acknowledge that their USA swimming membership can be obtained via TAC *SportEngine* team registration and or team invitation link.

Team members acknowledge the following offered USA swimming membership types

Season 1
• All ages September 1 – January 31 • Cannot compete at zones championships or above participation • 2024 -2025 price \$48.50 • 2025-2026 price TBD by USA swimming
Season 2
• All ages April 1 – August 28 • Cannot compete at zones championships or above participation • 2024-2025 price \$48.50 • 2025-2026 price TBD by USA swimming
Flex
• Limited to swimmers 12&Under only • Limit to two (2) sanctioned or approved competitions – No LSC Championship or above participation • Year – Round practice eligibility • 2024-2025 price \$30.00 • 2025-2026 price TBD by USA swimming
Premium
• Full year-round participation • No limits on swim meets • 2024-2025 price \$86.00 • 2025-2026 price TBD by USA swimming
Outreach
• Offered to all ages at no cost to the athlete • No limits on swim meets • A USA swimming affidavit must be completed and returned to qualify • Participating in the free or reduced lunch program is an example of outreach program eligibility

Thunderbird Aquatic Club
Competition Track Training Groups

Training Group Progression Overview



Training Group Descriptions

Competition Groups

Silver A

Description

- This group is designed for swimmers who have demonstrated solid racing experience and are ready to further refine their technique and build endurance. Practices focus on reinforcing fundamentals, incorporating race strategies, and introducing interval-based training. Dryland exercises may be included on select days to develop athletic skills, flexibility, and coordination. Swimmers are encouraged to maintain consistent attendance to maximize their development and prepare for advancement to higher training groups.

Ages

- 9-10

Qualifications

- Completed 50, 100, distance races of Freestyle and Backstroke and Breaststroke in accordance with USA swimming rules and regulations at competition
- Achieved one or more *PN Silver and/or PN Gold* time standard
- Achieved one or more *PN 12&under Championship* time standard
- Achieved 2 or more BB USA Swimming time standards

Goals for swimmers

- Solidify fundamental wall components such as streamlines, push off positions, push offs, and breakouts
- Achieve qualified individual swimmers and relays for the PN 12&under championships and Northwest Regionals Championships
- Establish guidelines for intrinsic goal creation
- Achieve baseline race times in all four strokes including the 200 IM, 100 and 200 distances of breaststroke and butterfly
- Compete at all TAC hosted swim meets, including time standard based qualification at the February Age Group Invitational and March Spring Finale.

Goals for parents

- Learn the sport with your swimmer
- Observe group practices
- Encourage your swimmer to try longer distance events at swim meets
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet
- Explore Thunderbird Aquatic Club Booster Board opportunities

Training Gear Used

- Caps and Goggles
- Kickboard
- Fins
- Snorkel
- Paddles

Training Group Descriptions

Competition Groups

Gold A

Description

- Designed for swimmers typically aged 10-12 who have demonstrated a strong grasp of all four strokes and are committed to advancing their competitive skills. Gold A serves as a stepping stone to the highest levels within the program. Swimmers at this stage continue to refine their technique and race strategies, with an increased focus on aerobic training, interval work, and advanced drills that challenge both physical and mental endurance. Dryland components may be integrated to enhance strength, flexibility, and overall athleticism. Gold A athletes are encouraged to attend meets regularly, where the emphasis is on gaining experience, learning to handle pressure, and developing sportsmanship in a team-focused environment. As they progress, swimmers are prepared for greater training loads and the transition to more specialized, performance-driven squads.

Practice Overview

- Monday-Friday

Ages

- 10-12

Qualifications

- Completed 50,100,200 distance races of Freestyle and Backstroke and Breaststroke and or Butterfly in accordance with USA swimming rules and regulations at competition
- Achieve one or more PN Gold Time Standards
- Achieve one or more PN 12&U Championship time standards
- Achieve multiple BB or above USA swimming motivational time standards

Goals for Swimmers

- Attend 5 practices a week
- Discover a secondary favorite stroke and begin to set goals in two strokes
- Compete at all TAC hosted swim meets, including time standard based qualification at the February Age Group Invitational and March Spring Finale.

- Complete a 200m Butterfly and 200 IM in accordance with USA swimming rules and regulations
- Challenge and encourage teammates to hold themselves accountable to personal and teammate goals

Goals for Parents

- Learn the sport with your swimmer
- Observe group practices
- Discover your favorite strokes to watch and learn
- Discover productive volunteering positions at swim meets
- Grow a curiosity to learn USA swimming officiating positions for swim meet
- Inquire about TAC Booster board opportunities
- Encourage and support goal setting for your swimmer

Training Gear Used

- Snorkels
- Pull Buoy
- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Training Group Descriptions

Competition Groups

Junior A

Description

- This group is designed for swimmers typically aged 12-14 who have reached a point of proficiency and are eager to take on increased challenges in both technique and endurance and are committed to advancing their competitive skills. Practices are structured to introduce more advanced interval sets, promote mastery in all four competitive strokes, and integrate starts, turns, and finishes as part of the training routine. Athletes in these groups focus on developing race pace awareness, effective time management during sets, and adaptability to different training intensities. Participation in regular intrasquad and sanctioned meets allows swimmers to gain valuable competition experience, track their progress, and build camaraderie within the team. Coaches provide constructive feedback, encourage goal setting, and foster a supportive environment where swimmers are motivated to push their limits and prepare for the transition to higher-performance squads.

Practice Overview

- Monday-Friday

Ages

- 12-14

Qualifications

- Completed 50,100,200 distance races of Freestyle and Backstroke and Breaststroke and Butterfly in accordance with USA swimming rules and regulations at competition
- Achieve one or more PN Championship Time standard for the age group
- Achieve three or more BB USA Swimming motivational time standards

Goals for Swimmers

- Attend 5 practices per week
- Grow a competitive foundation in 3 strokes
- Challenge and encourage positive practice habits for the success of personal and team and group goal setting

- Move into either Senior B or Senior A group

Goals for Parents

- Learn the sport with your new swimmer
- Observe group practices
- Discover your favorite stroke
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Snorkels
- Pull Buoy
- Tempo Trainers
- Resistance Bands
- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Thunderbird Aquatic Club

Competition Training Groups

Senior B

Description

- Typically ages 13-18. The curriculum emphasizes refining race techniques, optimizing stroke efficiency, and building the stamina required for demanding training volumes. Practices incorporate advanced aerobic sets, race-pace intervals, and specialized drills to advance both physical capabilities and tactical understanding. Regular dryland training focuses on strength-building, injury prevention, and flexibility.
- Recognizing the diverse commitments of high school athletes, Senior B is designed with flexibility in mind to support participation in multiple sports or extracurricular activities.
- Participation in local and regional meets is encouraged to build competitive resilience, strategic adaptability, and team spirit. As swimmers demonstrate readiness, they are guided toward the heightened demands and leadership opportunities found in Senior A.

Ages

- 13-18

Goals for Swimmers

- Attend as many practices as possible each week
- Achieve a PN 13&Over Championship Time Standard
- Attend as many AM practices as possible

Goals for Parents

- Observe group practices
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Snorkels
- Pull Buoy
- Tempo Trainers
- Resistance Bands
- Paddles
- Kick Board

- Fins
- Water Bottles
- Caps and Goggles

Training Group Descriptions

Competition Groups

Senior A

Description

- This program is intended for swimmers who have achieved advanced performance within their age group of 13-14 and 15 and over, are prepared to engage in elite-level training and competition, where participants receive targeted coaching designed to enhance technical proficiency, develop effective race strategies, and cultivate the mental resilience necessary for success at high-tier events. Consistent involvement in regional and national competitions is required, with a focus on fostering teamwork, leadership, and holistic personal development both within and beyond the aquatic environment.
- Swimmers in Senior A are expected to take increasing ownership of their training, set personal performance goals, and manage their academic, athletic, and extracurricular commitments

Group Expectations for High school season

- Maintain AM practice attendance Monday – Friday
- The evening practices will be with AHS

Ages

- 13-18

Qualifications

- Achieve 1 or multiple PN Championship time standard or above
- Achieve 3 or more USA Motivational BB or above time standards

Training Goals for Swimmers

- Maintain full practice attendance each week
- Achieve 3 or multiple PN Championships or above time standard
- Qualify 1 or multiple relays to PN Championships or above with qualifying time standard
- Establish race pace intervals for one primary and two secondary strokes for competition
- Hold oneself and teammates accountable for training habits
- Challenge and encourage each other from shared goal setting knowledge

- Establish a commitment to a NCAA institution for next level swimming as a support tool for continued education.
- Establish individual racing goals and maintain commitment to those goals.

Goals for Parents

- Encourage your swimmer to prioritize time management in efforts to balance the training schedule with academics
- Support swimming goal setting and time standard achievements
- Participate in volunteer roles at TAC hosted events
- Discover a team Non-athlete role such as board member or swim meet official
- Encourage and support resting opportunities in tune with the practice and meet schedule

Training Gear Used

- Snorkels
- Pull Buoy
- Tempo Trainers
- Resistance Bands
- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Thunderbird Aquatic Club
Multi-Sport/Recreational Training Groups

Training Group Progression Overview



Thunderbird Aquatic Club

Multi-Sport/Recreational Training Groups

Bronze B

Description

- This group is designed for swimmers who have established comfort in the water and fundamental stroke knowledge but are still developing their technique and endurance. Targeted primarily at ages 10-12, this group bridges the gap between introductory swimming and the more demanding silver and gold levels. Practices focus on reinforcing Freestyle and Backstroke, while introducing greater emphasis on Breaststroke and Butterfly basics. Swimmers will practice streamlining, proper starts, and safe, efficient turns, all within a supportive team atmosphere. Coaches encourage personal improvement through positive reinforcement and fun, ensuring each athlete continues to grow in confidence and ability as they prepare for higher levels of training and competition.

Practice Overview

- Monday-Friday

Ages

- 10-12

Goals for Swimmers

- Attend 3 practices a week
- Discover a love for their favorite swim stroke
- Learn fundamental safety habits in a swim lane such as circle swimming
- Find a passion to work hard as an individual for positive team impact

Goals for Parents

- Learn the sport with your new swimmer
- Observe group practices
- Discover your favorite stroke
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Pull Buoy
- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Thunderbird Aquatic Club

Multi-Sport/Recreational Training Groups

Bronze A

Description

- This program is designed to foster confidence and skill development in young swimmers, ages 7-9, providing a supportive environment where they can learn competitive swimming techniques. Swimmers will participate in a balanced mix of structured drills and games all aimed at cultivating endurance and proper form in all four competitive strokes. The group will begin with Freestyle and Backstroke before moving onto Breaststroke and Butterfly. Emphasis will be placed on improving stroke efficiency, body position, and breathing techniques. Coaches will offer individualized feedback and encouragement, ensuring each participant builds a strong foundation for future aquatic success. In water coaching will be used as well as on deck coaching.

Ages

- 7 – 9

Qualifications

- Swim a full 25m Freestyle and Backstroke without stopping

Goals for Swimmers

- Attend 3 practices a week
- Discover a love for their favorite swim stroke
- Learn fundamental safety habits in a swim lane such as circle swimming
- Swimmer can complete a full 50m swim of all four competitive strokes in accordance with USA swimming rules and regulations completed during a race at a TAC hosted swim meet.
- Move up into Silver A or B group with completion of all four 50m swims

Goals for Parents

- Learn the sport with your new swimmer
- Observe group practices
- Discover your favorite stroke

- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Thunderbird Aquatic Club

Multi-Sport/Recreational Training Groups

Bronze B

Description

- This group is designed for swimmers who have established comfort in the water and fundamental stroke knowledge but are still developing their technique and endurance. Targeted primarily at ages 10-12, this group bridges the gap between introductory swimming and the more demanding Silver or Gold levels. Practices focus on reinforcing Freestyle and Backstroke, while introducing greater emphasis on Breaststroke and Butterfly basics. Swimmers will practice streamlining, proper starts, and safe, efficient turns, all within a supportive team atmosphere. Coaches encourage personal improvement through positive reinforcement and fun, ensuring each athlete continues to grow in confidence and ability as they prepare for higher levels of training and competition.

Practice Overview

- Monday-Friday

Ages

- 10-12

Goals for Swimmers

- Attend 3 practices a week
- Discover a love for their favorite swim stroke
- Learn fundamental safety habits in a swim lane such as circle swimming

Goals for Parents

- Learn the sport with your new swimmer
- Observe group practices
- Discover your favorite stroke
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Snorkels
- Pull Buoy
- Tempo Trainers
- Resistance Bands
- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Thunderbird Aquatic Club

Multi-Sport/Recreational Training Groups

Silver B

Description

- This group is designed for swimmers ages 9-10 who have established a solid foundation in all four strokes and wish to further develop their swimming skills in a supportive and flexible environment. Practices focus on refining stroke techniques, enhancing starts and turns, and introducing basic interval training to build endurance and aerobic fitness. The group encourages multi-sport participation, allowing swimmers to balance swimming with other activities and commitments. Coaches provide individualized feedback and foster a positive team atmosphere, supporting each athlete's personal progress and enjoyment of the sport, whether swimming is their primary focus or part of a broader athletic experience.

Ages

- 12-14

Goals for Swimmers

- Attend 3 practices a week
- Swimmers wear their TAC Cap, goggles, and appropriate swim wear (jammer or speedo for males, one-piece suit for females)
- Discover a love for their favorite swim stroke
- Learn fundamental safety habits in a swim lane such as circle swimming

Goals for Parents

- Learn the sport with your new swimmer
- Observe group practices
- Discover your favorite stroke
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Snorkels

- Pull Buoy
- Tempo Trainers
- Resistance Bands
- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Thunderbird Aquatic Club

Multi-Sport/Recreational Training Groups

Gold B

Description

- This group is designed for swimmers 10-12 who have demonstrated solid racing experience and are ready to further refine their technique and build endurance. Practices focus on reinforcing fundamentals, incorporating race strategies, and introducing interval-based training. Dryland exercises may be included on select days to develop athletic skills, flexibility, and coordination. Swimmers are encouraged to maintain consistent attendance to maximize their development and prepare for advancement to higher training groups.

Ages

- 10-12

Goals for Swimmers

- Attend 3 practices a week
- Swimmers wear their TAC Cap, goggles, and appropriate swim wear (jammer or speedo for males, one-piece suit for females)
- Discover a love for their favorite swim stroke
- Learn fundamental safety habits in a swim lane such as circle swimming

Goals for Parents

- Learn the sport with your new swimmer
- Observe group practices
- Discover your favorite stroke
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Snorkels
- Pull Buoy
- Tempo Trainers
- Resistance Bands

- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles

Thunderbird Aquatic Club

Multi-Sport/Recreational Training Groups

Junior B

Description

- Tailored for swimmers who are transitioning from foundational to intermediate levels typically ages 12-14. Junior B emphasizes skill refinement, increased endurance, and greater exposure to competitive scenarios. Practices are structured to reinforce strong technique in all four strokes while introducing more complex sets and interval training. Swimmers are gradually exposed to higher training volumes, with attention to developing consistent starts, turns, and finishes. The group also highlights the importance of personal goal setting, fostering independence and accountability in each athlete. Local meets and intrasquad competitions offer opportunities to practice race strategies and gain confidence under the guidance of supportive coaches. Junior B serves as a critical bridge, preparing swimmers for the heightened expectations and challenges of Junior A and beyond.

Ages

- 12-14

Goals for Swimmers

- Attend 3 practices a week
- Swimmers wear their TAC Cap, goggles, and appropriate swim wear (jammer or speedo for males, one-piece suit for females)
- Discover a love for their favorite swim stroke
- Learn fundamental safety habits in a swim lane such as circle swimming

Goals for Parents

- Learn the sport with your new swimmer
- Observe group practices
- Discover your favorite stroke
- Discover productive volunteering positions at swim meets
- A curiosity to learn USA swimming officiating positions for swim meet

Training Gear Used

- Snorkels
- Pull Buoy
- Tempo Trainers
- Resistance Bands
- Paddles
- Kick Board
- Fins
- Water Bottles
- Caps and Goggles