



Junior and Age Group Meeting Jan 13, 2026

What are your goals for the season?

Time standards

[SN Champs](#)

[SWAGR](#)

[Far Westerns](#)

Your goals should be the start of your roadmap for the spring.

1-Small consistent actions

2-Comfort vs Growth

3-Attendance

It Takes a Village

Abby David

Steph Sit

Ricky Silva

Assistants

Parents

Admin Support

Lead Coach

Assistant Coach

Site Leads

Additional Assistants

Swimmer Support/Volunteer

Team Admin, Board, Volunteers

Communication

Weekly Email

Events

Website

Group Me

Move to Commit in March

Schedules

[Winter Practice Schedule](#)

[Spring Practice Schedule](#)

[Meet and Event Schedule](#)

Participation is key to success!!!

[Resources](#)

Dryland

Technique

Articles