



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

Lead Coach

Steph Sit

Assistant Coach

Ricky Silva

Site Leads

Assistants

Additional Assistants

Parents

Swimmer Support/Volunteer

Admin Support

Team Admin, Board, Volunteers

Communication

Weekly Email

Move to Commit in March

Events

Website

Group Me

Schedules

[Winter Practice Schedule](#)

[Spring Practice Schedule](#)

[Meet and Event Schedule](#)

Participation is key to success!!!

[Resources](#)

Dryland

Technique

Articles