



1-National Development
2-Senior
3-Junior

“A” training group

Tuesdays/Thursdays 6:00-7:00 pm

Regular season workouts will begin on Tue, Sept 1.

The cost of the program will be \$300 for four months. This is already included in National Development dues.

Workouts

Swimmers in Senior and Junior who participate should attend at least 4 swim practices per week (additional info will be included in the group packets to go out on Mon, Sept 1.)

Exceptions MAY be made for multi-sport athletes or high school seniors-which will require an individual meeting with Coach Ricky.

Commitment

Swimmers from Senior and Junior who will be attending will need to send me an email to confirm by the end of the day on Sept 1. Swimmers who commit are doing so for the four month session (and will be invoiced accordingly.)

Swimmers in Junior MUST be in the “A” training group to participate (talk to Coach Ricky if you have any questions.) These groups will be identified in a rosters posted on Mon, Sept 1.

Swimmers who participate in Pinnacle are expected to attend ALL offered Pinnacle workouts. Any swimmers who miss more than one will be required to meet with Coach Ricky (we are aware that things come up in life.)

Dryland Workouts-College

We will offer dryland workouts on Tuesdays and Thursdays to all of our competitive groups that do not attend Pinnacle. These will be designed by Jeff Greer and executed by Steph Sit.

We will also have a dryland routine for National Development swimmers for Mon/Wed afternoons and Sat mornings.

Waiver

Any swimmers attending Pinnacle workouts MUST have a waiver on file. The waiver can be found at. Please bring a signed copy to your first Pinnacle workout (including trial)

[Pinnacle Waiver 2025-26 Season](#)