

BWA Christian Cantwell

Head Stroke Technique Coach

If you need extra help with your stroke technique, starts, or turns please contact Christian for help!

Cmc_jm@hotmail.com

2025-2026 Kroc Center
BWA HOSTED Swim Meets

October 11-12, 2025

November 15-16, 2025

December 20-21, 2025 @ GCIT

January 17-18, 2026

February 21-22, 2026

March 20-22, 2026 MA Silver Champs TBA

Tryout Dates @ Kroc 5:30 pm

Tuesday July 8, 2025

Wednesday July 16, 2025

Monday July 21, 2025

Tuesday July 29, 2025

Monday August 4, 2025

Tuesday September 2, 2025

Thursday September 4, 2025

BWA Coaching Staff

2025-2026 season

***John Carroll**

Head Senior Coach

***Bob Querubin**

Head Age Group Coach

***Barb Carroll**

Head Mini Coach

***Ken Faykes**

Senior/Age Group Coach

Christie Owens

Mini/Age Group Coach

Meghan Gardner

Mini/Age Group Coach

Christian Cantwell

Senior Coach/ Clinics

Brianna Penney

Mini/Age Group Coach

Connor Buck

Mini/Age Group Coach

*over 160 years of coaching experience



@Kroc Center

This 2025-2026 season Blue Wave Aquatics is entering its 8th season as a year-round USA Swim program. We have programming at the Kroc Center in Camden and Echelon Health and Fitness in Voorhees. Also, Larchmont Swim Club in Mt. Laurel.

Registration for current swimmers in Camden and Voorhees programs will open July 1, 2025

New swimmers July 8, 2025

Visit our website www.bwaquaticsnj.com

2025-2026 BWA Group Descriptions

National Group: Ages 14 & over. Serious swimmers who are committed to their athletic training. These athletes have goals to swim for a college of their choice. Swimmers must be willing to give 100% in all phases of the BWA National program. Morning practices are required. Dryland, weight training and travel meets are required. Dryland and weight training are a vital part of the National program. To be considered for admission to the BWA National group, please contact the Head Senior Coach.

Year-Round Program fee \$2860.00

Sept 8, 2025-July 31, 2026 (LC included) M-F 4:00-6:00 pm, *T/R 5:15-6:30 am, Sat 8-10:15 am, T/R weights until 6:45 pm, M/W dryland until 6:30 pm, Sat dryland until 11 am

Platinum Group: Ages 12 & over. Swimmers who are committed to their swimming and athletic training. Swimmers must be willing to give 100% effort in all phases of the BWA Platinum program. Dryland, weight training (13/over) and travel meets are required and are a vital part of the Platinum program.

Fall-Spring Program fee \$2325.00

Sept 8, 2025- May 22, 2026. M-F 4:00-6:00 pm, Sat 8-10:15 am, T/R weights until 6:45 pm, M/W dryland until 6:30 pm, Sat dryland until 11 am.

Gold Group: Ages 11-14. Swimmers who are serious about training, who know all four competitive swimming strokes, and who possess a passion to improve. Many of these swimmers aspire to swim at the college level one day. Fall to Spring Program fee \$2220.00

Sept 8, 2025-May 22, 2026 M-F 4:15-6:00 pm Sat 8-10:15 am, M/W dryland until 6:30 pm, Sat dryland until 11 am.

Silver Group: Ages 9-12. Swimmers who want to maximize their skills and learn to train all four competitive strokes. Swimmers will be invited to participate in meets and will be able to compete in all events. Fall to Spring Program fee \$1670.00

Sept 8, 2025-May 22, 2026 M/W/F 4:30-6:00 pm Sat 8-9:30 am

Bronze Group: Ages 6-9. Beginner to advanced swimmers who want to refine skills in all four competitive strokes. Swimmers will compete in USA Swimming meets at their ability level. Fall to Spring Program fee \$1230.00

Sept 9, 2025-May 21, 2026 T/R 4:45-6:00 pm Sat 9:30-11 am

Pre-Team Group: Ages 5-9. Prerequisite to participate: swimmers must be able to swim one lap of freestyle and backstroke. They can compete in USA Swimming meets when ready. Fall to Spring Program fee \$935.00

Sept 9, 2025- May 19, 2026

Tues 5:00-6:00 pm Sat 10:15-11 am

Senior Group (HS/Summer Prep): Ages 12 & over. Swimmers who want to get in shape prior to the start of the high school and summer league seasons.

Sept 8, 2025- Nov 12, 2025 and/or Apr 6, 2026-May 21, 2026. Program fee: Fall (HS Prep) \$430.00, due Sep 1, 2025. Spring (Summer Prep) \$325.00 due Mar 1, 2026.

FULL PAYMENT only for Senior Sessions. M-R 6:00-7:30 pm

Annual Registration Fee for all Groups: \$100.00 includes 2 Latex Team Swim Caps, Team T-Shirt & Sweatpants.

*All practices at the Kroc Center except for National T/R mornings at Echelon.