



10 reasons you should join the Waukesha Express Swim Team!

1. **Professional Coaching Staff:** Our coaches have developed some of the best swimmers in our state and even in the United States. They have coached our team to many state championships, and coached numerous Zone, Junior National, Senior National, and Olympic Trials qualifiers. Our staff has been invited to coach at National and Regional level swim camps as members of USA Swimming. We are fortunate to have such a great staff!
2. **Many extra services:** As a USA Swimming Silver Medal Club we have been recognized as one of the top 100 teams in the United States. This recognition provides our swimmers and coaches access to additional services and grants from USA Swimming. The grant funds have been used to purchase state of the art training and video equipment, which directly benefits the swimmers. Coaches use video analysis as part of their daily practice.
3. **A great facility:** We are fortunate to train in one of the best facilities in our state.
4. **Practice & Dry-land Equipment:** Our team invests a lot in training equipment and dry-land activities; from our bucket system that focuses on swimming specific strength to our many dry land activities. The coaches are always looking for new ways of developing our swimmers as athletes, and keeping it fresh for the swimmers in the process.
5. **A place for everyone:** We have a wide range of swimming groups which allows for swimmers of all abilities to improve and excel. A large portion of our team consists of novice swimmers, and we are always excited to teach new swimmers the skills to be successful in our sport. Our hope is that they will have the same love of swimming as we do!
6. **Organized and focused practices:** Because our coaches are professionals, they plan for practices in advance, and have plans and goals for each day.
7. **Group progression:** Our program is designed around a group progression from our 8 & under swimmers all the way through our highest senior training group. This progression allows for sustained improvement through high school and beyond.
8. **Teamwork:** We pride ourselves in providing a family-like atmosphere, and working as a team! Swimming is often seen as an individual sport, but not on our team! We excel as a team because we all work together!
9. **History of success:** Express is the oldest team in the state, and has produced champions at every level!
10. **Social & team events:** We offer many extra opportunities to members of our team. From social events as a team or a group, to our clinics that focus on specific skills. If you want more, you can always find it here.