



## Swimming with WAVE

WAVE offers a guided age-group program for children age 4 and over, from the beginning swimmer to the most competitive and skilled competitor.

When a young person becomes a member of WAVE he/she learns the values of sportsmanship and team work. Swimming, through WAVE, provides physical, emotional and intellectual skills that will last a lifetime.

The WAVE coaching staff is committed to teaching life skills and developing character, while providing the total WAVE experience for swimmers of all ages and abilities. Swimming is a life-long and life-saving skill and WAVE offers a healthy environment in which young athletes can develop into responsible individuals.

Our comprehensive training plans are set out to have children reach their full potential in their late high school and college years. We feel it is important to lay a foundation with our younger swimmers based on great technique, skills, and all-around athleticism that can be built upon through their developmental years.

## 5-Time State Champions

WAVE has won the NCS Open Water Title five years in a row. This year's championship — as any other year — is a reflection of WAVE Swimming's superior level of technical excellence, cardiovascular conditioning, and mental toughness that WAVE Swimmer's possess.



## Recent WAVE accomplishments:

- Top 2% in the Nation, according to USA Swimming's Virtual Club Championship
- Recognized Silver Medal Club by USA Swimming Club Excellence Program
- 07' Grad- Geoffrey Sanders - placed 15th at Olympic Trials (Currently at U of Tenn)
- 3rd Place 14 & Under Champs
- 2nd Place Senior Champs
- Level 3 Club Recognition - USA Swimming

## WAVE Swimming

*Building Value-Driven Leaders For Life*

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## TEAM STRUCTURE

Level	Sub-groups	Practices Per Week	Basic Criteria
I	Blue	4	Legal in 2½ strokes
	White		
II	Blue	5	Legal in all strokes
	White		
	Black		
III	Blue	6	Training set requirement
	White		
	Black-Elite		
IV	Blue/White	6	Training set requirement
	Black-Elite		
V	Blue/White	6+	Training set requirement
	Black-Elite		
<b>Seasonal Groups</b>			
Beginning Competitive		3	Swim a 25 free
JV/Varsity		3	Legal strokes

**Beginning Competitive** is for our newest and most novice 10 & under athletes. **JV/Varsity** is designed for year-round swimmers in the older age groups.