



**TIGER AQUATIC CLUB'S
COMPETITIVE SWIM TEAM
P.O. Box 2135, Pocatello, ID 83206
www.tigeraquaticclub.com**

**Program Descriptions and Fees
2009 - 2010**

Bronze Squad

Recommended Ages	10 years old and Under
Requirements	Ability to swim legal freestyle and backstroke for 25 yds, unassisted in deep water. Not a "learn to swim" program.
Description	Conditioning Only. Introduction to butterfly, starts and turns.
Goal	Legal strokes, starts and turns.
Practice Times	CRC: T/TR 3:30 - 4:15PM
Program Fee	Registration fees and USA Membership Fundraising/Volunteer Commitments Program fee: \$40.00 per month

Bronze II Squad

Recommended Ages	10 years old and Under
Requirements	Ability to swim legal freestyle and backstroke for 50 yds, unassisted in deep water and have a legal breaststroke kick. Not a "learn to swim" program. Strive to compete in at least 3 SRS/USA meets during the season. All new swimmers must be evaluated or get coaches approval.
Description	Extensive stroke mechanics work, plus conditioning.
Goal	Legal strokes, starts, turns and conditioning for competition.
Practice Times	CRC: T, TR 4:30 - 5:30 PM
Program Fee	Registration fees and USA Membership Fundraising/Volunteer Commitments Program fee: \$45.00 per month

TAC Silver Squad

Recommended Ages	9 to 11 years old
Requirements	Ability to swim all four strokes legally and complete a legal 100 yd I.M. This is not a "learn to swim" program.
Description	Extensive stroke drill work and technique development. Start and turn refinement along with transition turns for the I.M. Some conditioning, but emphasis will mainly be on 25's and 50's where stroke correction will occur.
Goal	Swimmer will be able to complete all four strokes with legal turns.
Practice Times	CRC: W, TR, FR 3:30 - 5:30PM
Program Fee	Registration fees and USA Membership Fundraising/Volunteer Commitments Program fee: \$50.00 per month

TAC Gold Squad

Recommended Ages	10 to 12 years old
Requirements	Must be legal in all 4 strokes. Ability to complete a 100 yd I.M. under 1:30. Strive to compete in SRS/USA meets in the 200 IM and 200 Free while continuously improving times, technique and weaknesses throughout season.
Description	Continued stroke drill work, incorporating them into sets. Learn importance of underwater swimming off walls during turns. Introduction to race strategies and proper nutrition.
Goal	More efficient strokes, increased conditioning, and race techniques. Achieving SRS Champs time standards with focus on USA Swimming's "A to AA" time standards.
Practice Times	CRC: T, W, F 4:00 - 5:30PM TR 6:00 - 7:00AM 5:30 PM Summer hours differ (see web page)
Program Fee	Registration fees and USA Membership Fundraising/Volunteer Commitments Program fee: \$55.00 per month



TAC Junior Squad

Recommended Ages	12 - 15 years old
Requirements	Ability to complete a proficient 200 I.M.
Description	Designed for High School aged swimmers and younger to supplement there HS season and also for those who wish to compete in SRS/USA meets. Increased training with some stroke and turn work. Dryland included during certain training periods.
Goal	Stronger, more efficient strokes; Substantially increased conditioning; SRS Championships qualification.
Practice Times	CRC: M, T, TR 4:00 - 5:30PM Sat. 6:00 - 9:00AM Summer hours differ (see web page)
Program Fee	Registration fees and USA Membership Fundraising/Volunteer Commitments Program fee: \$70.00 per month

TAC Senior/Performance Squad (National)

Recommended Ages	Sr. Sectional Championships qual. times or coach approval
Requirements	Designed for the most dedicated swimmers who are looking to highest levels of swimming including continuing in college. Intense training; Strokes, starts and turns refinement.
Description	Continued stroke drill work, incorporating them into sets. Learn importance of underwater swimming off walls during turns. Introduction to race strategies and proper nutrition.
Goal	Optimized strokes, turns and starts. Western Zone Sectional Championships finalists looking to Junior National and Senior National qualification.
Practice Times	CRC PM: M, T, TR 4:00 - 5:30PM CRC Dryland: W, F 4:00 - 5:00PM CRC AM: M, W 4:45 - 7:00AM & Sat. 6:00 - 9:00AM Summer hours differ (see web page)
Program Fee	Registration fees and USA Membership Fundraising/Volunteer Commitments Program fee: \$90.00 per month



for more information visit www.tigeraquaticclub.com.