

10 Solid Reasons

Why the Dayton Raiders Are Your Best Choice for Swimming Excellence.



1. Excellence! *The Raider training program strives for excellence at every level.* Young swimmers learn their stroke technique with precision and accuracy. Experienced swimmers are introduced to advanced training methods incorporating speed, aerobic capacity and power into a seasonal program that builds long term swimming success.

2. Innovation and Continuous Improvement! Our younger swimmers are introduced to *a collection of over 100 balance and core strengthening drills* that are evolving and improving with every season. Our coaches challenge themselves to seek out techniques from world class programs and develop new, in-house "tips & tricks", so that our swimmers reap the benefits of better immersion and better preparedness for fast swimming.

3. Aquatic Space! *The use of multiple training sites allows the Raider program to foster more training time in more lanes with a higher coach/swimmer ratio than other more conventional programs.* The volume driven, overpopulated practices that are commonplace on conventional swim teams are not found here. Keeping pace with and implementing all the latest advancements in swimming is what the Raider swimmers do on a daily basis.

4. We Work Hard and Play Harder! Raider practices are highly organized and they target specific goals each day – ask any Raider swimmer what they did today and they won't reply with "nuthin." *There is a concentrated emphasis on technique at all times.* To break up all the hard work and the routine, the coaches and the parents' board incorporate a wide variety of social events through the year where the swimmers can play hard to reset their minds.

5. Teamness! The Dayton Raiders have working partnership with an experienced Sports Psychologist, along with other professional sports specialists as different needs arise. They also contribute to a welcoming environment for athletes and families who come from all over the in pursuit of swimming excellence

6. In-Season Tryouts! For prospective swimmers who may need to register outside of our open enrollment at the beginning of September, the Raiders offer completely free tryouts lasting for up to 2 weeks, as long as the group in which the swimmer is qualified has an opening.

7. Welcome, Welcome! Our swimmers come from nearly every community in the Dayton region. *New swimmers joining our program often remark that our athletes and families are some of the most welcoming people they have ever met.* Maybe that's because virtually everyone involved with the Raiders are here for the swimming.

8. Did someone say College? An impressive *95% of all graduating Raiders attend college immediately after high school.* Of that number, *over 65% receive athletic scholarships,* not to mention other financial support that comes with being a "smart" Raider student/athlete. The Head Senior Coach and Senior Assistance Coach dedicate significant portions of their program to supporting and elevating each swimmer's college selection process.

9. Swimmers First! Our coaches and our business planning are solid as a rock, but what really motivates us is putting the interests of the swimmers first. *Our coaches invest the time to create the annual vision for what is best for each individual and the team as a whole.* In our minds, your swimmers short-term goals and longer term development are what's most important.

10. Fast Swimming! Everywhere! Most definitely! We do plenty of this. It might even be why you're here. Approximately 90% of our senior age swimmers (9th grade and older) represent their High School swim teams, many competing all the way to the Ohio High School State Championships held in Canton each February. Additionally, 50% of our age group swimmers (8th grade and under) represent their local neighborhood summer swim teams which is where many began their careers. Our swimmers are among the best to be found anywhere in the U.S.

