



TEAM SKILLS GRIT FUN

Program: The Sharks Swim Club is a year round competitive swim team. The team is structured with groups that balance a swimmer's ability, commitment and age. We try our best to place swimmers where they will learn to challenge the moment each and every day.

Tryouts and evals for all groups other than swim school are set by appointment. Please fill out the tryout form and our team admin will be in touch. Tryouts are usually run Wednesdays 5-5:30 and on the weekends.

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***Non Competitive groups:***

**Sharks Swim School**- small group swim lessons for swimmers 3yrs+. Lessons are offered year round at the Friendswood High School & May-September in Magnolia Creek.

Swim School information-[link](#)

**Seasonal Rec Teams (Summer Squad & Fall Squad)**- short programs that allow swimmers to work on their strokes and learn what being part of a swim team is all about. Summer Squad runs May-July and Fall Squad runs September-October at Magnolia Creek. (I think it reads better with summer listed first since it's first in the calendar year)

Seasonal group information-[link](#)

**Swim Fit**- this group is for swimmers that want to continue swimming after the seasonal groups are done but are not looking for a competitive group.

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***Competitive groups:***

**Discovery Pre Team**- this group is for swimmers 5yr+ who can complete 25 yards of free and back. Practices are 2-3x/wk for 45min.

**Discovery Advance**- this group is for swimmers 5yr+ who are 3 stroke “legal” and is the first level of fully competitive groups. Practices are 3x/wk for 1 hr.

**Exploratory**-this group is for swimmers 7yrs+ who are 4 stroke “legal”. Practices are 3-5x/wk for 75min.

**Exploratory Advance**- this group is for swimmers 9 yrs+ who are ready to focus on more advanced training and have a bigger commitment to the sport. Practices are 4-5x/wk for 75min.

**Challenge**: This is the top age group, training group. The swimmers are starting to focus more on swimming than other activities. Practices are 4-6x/wk for 2 hrs.

**Pre Senior**- this group is for swimmers 12yrs+ who are newer to year round competitive swimming or who are not ready to make the commitment of the higher senior groups. Practices are 6x/wk for 2 hrs with no attendance requirement.

**Senior**- Swimmers in this group have made swimming an important part of their life and are working to achieve state qualifying time or higher. Practices are offered 6x/wk and swimmers are expected to swim 5x/wk during the school year with doubles during the summer & holiday breaks.

**Senior Performance**-These swimmers have made swimming their highest extracurricular priority and are focused on USA Sectional, Jr. Nationals and above for competition. It is for swimmers ages 13 & Older who have made swimming their priority. Swimmers attend 6+ practices a week with doubles throughout the year.