

Lakeside Athlete Expectations:

1. Streamlining off every wall, underwater.
2. No talking or playing when the coach is speaking.
3. Ask to be excused to use the restroom.
4. Only enter the pool when the coach is present and gives permission.
5. Leave 5-10 seconds apart as instructed.
6. Clean up the deck when practice is complete, even if it is not yours.

Tidal Wave

- 12 & under age group + new & inexperienced swimmers (*occasionally, the designation "8U" may be put next to those in the Tidal Wave group that are 8 years of age and younger, which may have different requirements or meet opportunities from time to time*)
- Execute a full 25 of backstroke and freestyle without needing assistance or stopping.
- Learn to read a pace clock and apply it to a group appropriate set.
- Minimum practice attendance is 75%
 - *Swimmers who participate in a middle school program will be required to attend at least 50% of Nu Wave practices during the middle school season.*
- Meet Attendance: Swimmers are expected to compete in **at least 75%** of meets scheduled by **NU WAVE SWIM CLUB** during the short-course and long-course seasons, including championship meets (as qualified or selected).
- Swimmers showing the ability and desire to advance to the Cyclone Group must have the ability to handle the increased mental and physical expectations associated with competitive swimming at the State level. Swimmers must have maintained at least 75% attendance for a minimum of 3 consecutive months as a member of their current group prior to moving up. Group movement is at the discretion of the Nu Wave coaches and will be determined on a case-by-case basis.
- Goals to be met before advancement:
 - Stay on the wall when waiting.
 - Mastery of circle swimming
 - Mastery of breaststroke and butterfly technique
 - Must have legally competed in the 100 IM, 100 Free, and 50 Fly, Back & Breast
 - Introductions to basic dryland movements (squat, pushup, sit-up, lunge, plank)
 - State qualifying times achieved in multiple strokes based on the 10 & under standards (even if 11-12)

Equipment: *In addition to the above expectations, each swimmer in the Tidal Wave Group is required to bring specific equipment to each practice. The list of equipment needed is below and can be ordered through our website by clicking the "Team Merchandise" tab and the D&J Sports link. We have equipment options set up for our High Performance groups on the D&J page.*

- *Kickboard, Training Fins, Pull Buoy, Snorkel, Goggles, Cap and Swimsuit. It is recommended that each swimmer purchase a mesh bag to keep all their swim equipment in. All equipment can be found by clicking on the following link*
<https://djsports.com/teams/nu-wave-swim-club/tulane-high-performance-groups/>

Cyclone

- 10-14 year olds focusing on "age group" training development

- Must be able to do all 4 strokes legally and a full 100 IM
- Must be able to read a pace clock and follow a group appropriate set.
- Minimum practice attendance requirement is set at 75%.
 - *Swimmers who participate in a middle school/high program will be required to attend at least 50% of Nu Wave practices during the middle/high school season.*
- Meet Attendance: Swimmers are expected to compete in **at least 75%** of meets scheduled by **NU WAVE SWIM CLUB** during the short-course and long-course seasons, including championship meets (as qualified or selected).
- Swimmers showing the ability and desire to advance to the Tsunami Group must have the ability to handle the increased mental and physical expectations associated with competitive swimming at the State level. Swimmers must have maintained at least 80% attendance for a minimum of 3 consecutive months as a member of their current group prior to moving up. Group movement is at the discretion of the Nu Wave coaches and will be determined on a case-by-case basis.
- Goals to be met before advancement:
 - Leaving the wall in the “ready” position
 - 2+ dolphin kicks underwater off each wall (except in breaststroke)
 - Mastery of good breaststroke underwater pullout technique (with dolphin kick)
 - Mastery of finishing into walls and allowing the swimmer behind them to finish by moving over
 - No breathing on the 1st strokes off the walls
 - Mastery of basic dryland movements (squat, lunge, sit-up, pushup, plank)
 - Mastery of all prior group’s goals/expectations.
 - State Qualifying times (or equivalent times) in multiple events in the 11-12 age group.

Equipment: *In addition to the above expectations, each swimmer in the Tidal Wave Group is required to bring specific equipment to each practice. The list of equipment needed is below and can be ordered through our website by clicking the “Team Merchandise” tab and the D&J Sports link. We have equipment options set up for our High Performance groups on the D&J page.*

- *Resistance Bands, Kickboard, Training Fins, Pull Buoy, Snorkel, Goggles, Cap and Swimsuit. It is recommended that each swimmer purchase a mesh bag to keep all their swim equipment in. All equipment can be found by clicking on the following link*
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Tsunami

- 13-17 years old with 13-14 year old state cuts (or equivalent times) in multiple strokes.
- Focus is “senior” training development.
- Mastery of stroke mechanics, drills, and wall etiquette.
- Must be able to follow a group appropriate set.
- Minimum practice attendance requirement is set at 80%.
 - *Swimmers who participate in a middle/high school program will be required to attend at least 70% of Nu Wave practices during the middle/high school season.*
- Meet Attendance: Swimmers are expected to compete in **at least 75%** of meets scheduled by **NU WAVE SWIM CLUB** during the short-course and long-course seasons, including championship meets (as qualified or selected).
- Swimmers showing the ability and desire to advance to the Senior Group must have the ability to handle the increased mental and physical expectations associated with competitive swimming at

the State level. Swimmers must have maintained at least 80% attendance for a minimum of 3 consecutive months as a member of their current group prior to moving up. Group movement is at the discretion of the Nu Wave coaches and will be determined on a case-by-case basis.

- Goals:
 - 3+ dolphin kicks underwater off each wall (except in breaststroke)
 - Good practice habits demonstrated on a regular basis (no breathing off walls, execute breathing patterns requested, follow more demanding sets and intervals)
 - Ability to handle increased demands of dryland, adding in weighted exercises.
 - Perform dryland movements with little to no correction/explanation.
 - Mastery of all prior group's goals/expectations.

Equipment: *In addition to the above expectations, each swimmer in the Tidal Wave Group is required to bring specific equipment to each practice. The list of equipment needed is below and can be ordered through our website by clicking the "Team Merchandise" tab and the D&J Sports link. We have equipment options set up for our High Performance groups on the D&J page.*

- *Resistance Bands, Kickboard, Training Fins, Pull Buoy, Snorkel, Goggles, Cap and Swimsuit. It is recommended that each swimmer purchase a mesh bag to keep all their swim equipment in. All equipment can be found by clicking on the following link*
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Senior

- Minimum age of 14 years old and fully focused and committed to the training and competition program
- Swimming is the primary sport/after school activity for the athlete.
- Athlete is a state finalist in the 13-14 or senior age group in multiple events.
- Minimum practice attendance requirement set at 85% (GOAL = 100% attendance)
 - *Swimmers who participate in a high school program will be required to attend at least 75% of Nu Wave practices during the high school season.*
 - *Swimmers are responsible for finding means to train when away from the club for travel.*
- Meet Attendance: Swimmers are expected to compete in **at least 75%** of meets scheduled by **NU WAVE SWIM CLUB** during the short-course and long-course seasons, including championship meets (as qualified or selected).
- Goals:
 - Mastery of relay starts
 - 4+ dolphin kicks underwater off each wall (except in breaststroke)
 - Excellent practice habits and attendance.
 - Mastery of all prior group's goals & expectations.
 - Leadership skills
 - Ability to handle a more advanced, complex, and intense dryland program in addition to pool time.

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- *Resistance Bands, Kickboard, Training Fins, Pull Buoy, Snorkel, Goggles, Cap and Swimsuit. It is recommended that each swimmer purchase a mesh bag to keep all their swim equipment in. All equipment can be found by clicking on the following link*
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