

Hello SRA families.

We have loved having each and every swimmer as a part of our team this summer and sincerely hope your swimmer(s) have had a lot of fun. If your swimmer(s) have had a successful summer, we wanted to give you some information if they are considering staying with the sport and going "year round."

There are several clubs in the area that provide an opportunity to for year round swimming; see the list below for some that you may want to consider. You also can go to USA Swimming (<https://www.usaswimming.org/>) and use the "find a club" functionality on the upper right of the home page to search for clubs. This feature will allow you to see where all the practice locations are on a map for these teams as well as USA Swimming's ranking/ratings of these clubs.

Local USA Swim clubs are listed in order of proximity to SRA/Creekside and tryout dates are noted (if known.) All of these clubs offer programs that have developed swimmers who have gone on to achieve outstanding results in both USA Swimming and NISCA High School rankings. The SRA families who are listed for each team have agreed to provide information to other SRA families about the particulars of their team's program if you would like more information. Please email president@strohranchdolphins.org to get contact information for any of these families.

5 mi to -

Swim TLC Parker Phenomena: <https://www.teamunify.com/Home.jsp?team=costlc>

Parker Rec Center, no tryout info available, SRA families: Cole Grizzle, Cade and Shae Heiden, Erik and Emily Gordon

8 mi to-

Denver Swim Academy (DSA): https://www.teamunify.com/Home.jsp?_tabid_=0&team=codsa

Regis HS, Tryouts 7/30-8/1 for ages 6-14, SRA families: Samantha and Jackson Smith, Matthew O'Connor.

11 mi to

Colorado STARS: https://www.teamunify.com/Home.jsp?_tabid_=0&team=cocs

Grandview HS, Tryouts 7/23 and 7/25, SRA families: Luke, Kenny, and Victoria Holck

11 mi to

MACS (Mission Aurora Colorado Swimming):

https://www.teamunify.com/Home.jsp?_tabid_=0&team=comacs

Pier Point Pool (Quincy and S Parker Rd), tryout info unknown, SRA families: Jami Ward, Lanie Angelo,

12 mi to

ACES: <http://acesswimclub.com/>

Cherokee Trail HS

Tryouts August 13, 14, and 16th, SRA families: Tessa Waterman, Mia Jeltema, Courtney Linton

Additional Teams that do not have any current SRA Swimmers:

Form Swim Team (Eaglecrest HS) <https://www.teamunify.com/Home.jsp?team=coform>, Developmental Team

CAC (**Colorado Athletic Club - Inverness**) <https://www.teamunify.com/Home.jsp?team=cocacs>

AquaWolves Swim Team (**Cherry Creek HS**) <https://www.teamunify.com/Home.jsp?team=cocacs>

LifeTime Colorado (**Lifetime -**

Parker) https://www.teamunify.com/TabGeneric.jsp?_tabid_=86724&team=coltctst

University of Denver Hilltoppers (TOPS): <http://ritchieceter.du.edu/aquatics/hilltoppers-swimming/>
University of Denver Pool, tryouts TBD date near the end of August at Abraham Lincoln HS

Once you start the process of determining which USA team may be right for you, many of the questions/considerations will become obvious. In order to ensure you don't miss something, the topics listed below should help you identify the most important considerations. They are listed in what might be considered general relative importance.

USA Club Team Considerations

The BASICS

- Practice location
- Practice time for your swimmers now, as well as practice time for the next workout group up the hierarchy for next year
- Cost – Up-front fees? Monthly dues? Required fund raisers?

The TEAM and COACHES

- How does a team's program fit your objectives for your swimmer?
- Team reputation - developmental? competitive? or highly competitive?
- Size - large, small, or mid range?
- Coaches? Who are they? What's their record of developing swimmers? As your swimmers progresses in the sport the coach may become more important.
- Does your swimmer have a positive social relationship with a swimmer who is on one of these teams?
- Does the team have current USA Swimming Team Recognition - Bronze, Silver, Gold, or achieved this type of recognition in the past?
- What's the team's record at State Championships? Has the team ever won state or finished in the top three? If so, how recently? Is this important to you? - it may or may not be?
- Team history and stability. Who runs the program - Coach owned or parent BOD?
- Does the team host meets?
- How many meets does the team offer participation in each season?
- Does the team offer travel meets?
- What are the volunteer requirements for parents?
- Does the team have a record of producing swimmers who go on to compete at the level that you are seeking?
- Improved Summer Club times, and dual meet performance
- Qualify for MHSL All STARS
- Qualify for USA Swimming/CSI State Championships
- Are swimmers well prepared for High School swimming and beyond?

PRACTICE

- Practice requirements – practice frequency, meet participation requirements?
- Any consideration/leeway on the practice requirements for multi-sport/multi activity athletes? This item may be very important to some athletes - especially those that excel at other sports.
- How many swimmers per lane at practice?
- How many swimmers per coach at practice?
- Can parents attend practice as an observer?
- What's the practice pool like? What's the water temperature?
- Does the team have access to a 50m pool in the summer for practice?

Most of the clubs listed above will all offer some type of introductory group for swimmers as young as 5 or 6. The requirements for these groups vary some, but typically they're similar to the SRA Dolphins; i.e. un-timed swim 25 back and free, ability to pay attention and be focused for an hour in the pool. Depending on the Club these swimmers may or may not officially be on the team; typically recommend 2 practices per week.

The first group up the ladder after that is usually for 6-8 year olds (some variation of this age range by club.) This group would be for swimmers who can swim 50 yards easily, and know how to swim all 4 strokes. Some teams require new swimmers to be legal in all strokes, others do not. The tryout for this group is usually observed swims; typically no time standards; 2-3 practices per week.

It goes up from there. Some clubs say 10&U, some classify as 9-11, but at this level practice is usually at least an hour and, in some cases, up to 1 1/2 hours. Typically these swimmers would need to be legal in all 4 strokes, and be able to swim repeat 50 frees under a minute, on a 1:30-1:45 send off. Some teams have a timed test set to qualify for this group; others do not do timed swim, just observed swims; 3 practices/wk - although many of the better swimmers will do more.

If your swimmer is 11 or older the requirements for making a team vary and they may also vary for a particular team from year to year depending on how many returning swimmers the team has from the prior season. The web sites for each team should provide information on this subject. For some of these teams it gets much more difficult to make a team at age 11 or 12 than at age 6-8 or even 9. Again, tryout requirements will vary by club. Eleven and twelve-year olds may need to have at least one MHSL All Star cut time to be competitive in a tryout. If a Club is successful they will fill any open 11 and over spots each year with swimmers that are coming up through the ranks of their internal program, so there may not be many places open for "new to the team" swimmers in this age range. However if a swimmer is fast enough, or maybe not that fast yet - but looks like they have the potential to improve quickly, then teams will be more interested.

While all these teams have developed excellent swimmers, some are able to do that more consistently than others. Overall, it's wise to take time to ensure the team you select matches up with your objectives for your swimmers so that you select the correct team initially. If you find that you have made an error in your initial selection, it is possible to change teams (this happens with regularity for a few swimmers each year) at anytime but sometimes the change can be problematic. You may find yourself dissatisfied with a team's program, maybe because it does not meet your expectations in developing swimmer's talent, or maybe you've selected a team that is a bit more competitive than your swimmer is ready for. With the numerous programs and options in our area, there's bound to be a great fit for every family. Using the SRA families who belong to these teams as a resource should help in making your selection decision. Please email president@strohranchdolphins.org to get contact information for any of these families. Of course, whether your swimmer(s) choose to swim year-round, we most sincerely hope to see all of you again next summer as a part of our SRA swim family!

Sincerely,

Coach Morgan and Coach Kevin