

B-Town Brazadas Swim Club

Team Structure

TEAM STRUCTURE

B-Town Brazadas is built on long term athlete development. From a swimmer's first competitive strokes through high school performance and beyond, our program is intentionally designed to support sustainable growth technically, physically, and mentally.

Each division builds upon the previous stage. We pride ourselves on developing swimmers the right way from the earliest stages through B-Team, preparing athletes not just for the next meet, but for long term success in the sport.

Divisions serve as developmental guidelines, not rigid boxes. Group placements and transitions are made at the coach's discretion based on what best supports the swimmer's progression.

The Brazadas program is structured into:

- Age Group Program (White and Navy Divisions)
- Senior Program (B-Team Division)
- Masters Division (Adult Program)

AGE GROUP PROGRAM

The Age Group Program focuses on technical mastery, disciplined training habits, and competitive confidence. This stage lays the foundation for everything that follows. Our philosophy emphasizes building complete swimmers with strong fundamentals, positive habits, and a love for disciplined improvement.

WHITE DIVISION

Former Bronze and Silver Groups | Primarily 12 and Under

The White Division establishes the technical and cultural foundation of Brazadas swimming. This division is not simply about learning strokes. It is about building technically sound swimmers who understand how to practice with focus, discipline, and purpose.

Athletes begin developing confidence in competition while reinforcing efficiency, body control, and racing awareness. Meet participation is encouraged to support resilience, team connection, and measurable growth.

Development Focus:

- Technical development of all four strokes

- Legal and efficient turns and finishes
- Diving fundamentals and underwater skill progression
- Kicking strength and body alignment
- Drill progression and coordination
- Introduction to pace awareness and practice discipline
- Building confidence and competitive habits

Equipment:

- Kickboard
- Pull buoy
- Fins
- Paddles
- Cap
- Goggles
- Gear bag

NAVY DIVISION

Former Gold and Senior Prep Groups | Primarily Ages 11 to 14

The Navy Division bridges foundational development and advanced training. Athletes are expected to train with increasing independence, accountability, and focus.

Training intensity and volume increase while technical precision remains the priority. Swimmers learn how to manage intervals, understand pacing, and take ownership of their improvement.

Development Focus:

- Efficiency and stroke consistency at increased intensity
- Advanced race strategy and execution
- Pace clock proficiency and interval discipline
- Aerobic development with technical control
- Introduction to structured dryland training
- Goal setting and season planning
- Ownership of daily performance standards

Equipment:

- Kickboard
- Pull buoy
- Fins
- Snorkel
- Paddles
- Cap

- Goggles
- Ankle strap
- Mesh gear bag

SENIOR PROGRAM

The Senior Program represents the highest level of youth development at Brazadas. This stage emphasizes advanced training, leadership, accountability, and long term performance progression. Athletes in the Senior Program are expected to model team values while preparing for high school and potential collegiate environments.

B-TEAM DIVISION

Former B-Team Flex and Unlimited | High School Athletes

The B-Team Division falls under the Senior Program at Brazadas and represents the culmination of our long term athlete development pathway.

This division is for high school athletes who are committed to training with purpose, consistency, and leadership. B-Team is not simply about swimming more yardage. It is about training at a higher standard and understanding what it takes to improve over an entire season and across multiple years.

Athletes in B-Team are expected to take ownership of their development, demonstrate maturity in practice habits, and model the values of the program for younger swimmers.

Performance and Training Focus:

- Advanced technical refinement under fatigue
- Race specific training and event strategy development
- Aerobic and anaerobic conditioning for championship level competition
- Individualized event progression and intelligent specialization
- Goal setting and measurable season benchmarks
- Dryland integration and physical literacy development
- Mental performance and competitive resilience
- Leadership within team culture

B-Team training is structured around season long planning rather than meet to meet performance alone. For swimmers who aspire to continue beyond high school, the habits built here prepare athletes for collegiate level training environments.

Equipment:

- Kickboard
- Pull buoy
- Fins
- Snorkel
- Paddles

- Parachute
- Ankle strap
- Tempo trainer
- Mesh gear bag

MASTERS DIVISION

Brazadas Masters welcomes adults of every background from fitness focused swimmers to former competitors who still love structured training and racing.

Masters is for adults 18 years and older who are out of high school. High school athletes, even if 18, should remain in B-Team if appropriate.

Program Focus:

- Stroke refinement and efficiency
- Structured aerobic and speed development
- Goal oriented fitness and performance training
- Optional competitive opportunities
- Team accountability and culture

We are currently working toward establishing an official B-Town Brazadas U.S. Masters affiliated team.

DIVISION STRUCTURE AND PRACTICE ALIGNMENT

Because former groups now fall under broader divisions, each division includes swimmers at slightly different stages within that level.

Within each division, practices are structured so swimmers train in groups and sets that match their current ability, experience, and developmental needs. Coaches regularly adjust intervals, expectations, and training focus to ensure every athlete is challenged appropriately and encouraged to reach their full potential.

For the Navy Division, older swimmers who are approaching readiness for B-Team may, at coach discretion, be invited to attend select Saturday morning B-Team practices to support a gradual transition.

All transitions remain coach directed and are based on long term development.