

Little Waves

2026–2027 Season · Coach Kaci, head coach · Coaches Layla, Alayna, Emily and Kier

OFFERED	STRUCTURE	MEETS	TUITION	COACH
2 practices / week	1 weekday + Saturday	2 per season	\$140 / month	Kaci

GOALS FOR THIS GROUP

Little Waves is our **beginner competition group**, for our youngest athletes who are ready to start the competitive track. This is where competitive swimming begins on our team.

At this age we also value participation in **multiple sports** — dance, gymnastics, soccer, basketball, tennis, baseball, softball, track. It builds coordination and athleticism that carries straight into the pool.

GROUP FOCUS

- Technical stroke fluidity and efficiency.
- Effort, attitude, and coachability.
- Learning to accept feedback and apply corrections.
- Racing, diving from the blocks, and flip turns.
- Building confidence in a group learning environment.

Commitment: practice and competition

Two practices per week. One weekday, Monday through Thursday, in a shared time slot with the Recreational Team — plus Saturday with the Prep group.

Minimum 2 meets per season, AAU or USA Swimming. Racing is how swimmers learn what practice is for, and the first meets are where confidence gets built.

WHAT WE LOOK FOR DAILY

- On deck ready, suited, with fins.
- Water at the wall. No soda or caffeine.
- Eyes on the coach during instructions.
- Trying the drill even when it feels awkward.
- Kind words to lanemates — every practice.

MOVING UP TO PREP

Advancement follows the USA Swimming Athlete Development Model. We look for growth in all four areas — not speed alone.

COMPETENCE

4 x 50 freestyle on 1:15 and 4 x 50 backstroke on 1:30. Legal 100 IM. Can flip turn and open turn, and knows the difference between them.

CONFIDENCE

Races without hesitation. Willing to try a new stroke or event in front of the group.

CONNECTION

Understands and follows group warm-up procedures. Works alongside lanemates without needing redirection.

CHARACTER

Comes consistently. Listens, applies corrections, and keeps trying after a hard set.

WHAT YOU CAN GET OUT OF THIS GROUP

This is our **introductory competition team group**. The practice commitment may be the same cadence as our Recreational Team, but the expectations of the athlete are different.

We are teaching a mindset built on **retainable feedback**, understanding the purpose of competitions, and making the connection between hard work and progress.

We also have **fun**, practice independence, and work hard to encourage teamwork and friendships.

Extra Conditioning — Brattain Sports Performance

Open to swimmers **10 and older**, and to 8- and 9-year-olds where maturity supports it. Brattain builds progressive loading and general athleticism on a track that aligns with our in-water progressions. Optional, and a strong fit for swimmers who want more.

EQUIPMENT

- **Required:** fins.
- **Optional** (through the team): kickboard.
- Everything is on our Swim Outlet store so you get the correct item.

GROUPME — "SLST PREP & LITTLE WAVES"

groupme.com/join_group/96404297/GT4dPI5U

GOOGLE CALENDARS — SCAN TO SUBSCRIBE



Little Waves
practice times



Meets & Events
all families