

Red

Age Requirement

- Swimmers must be 7 years of age or younger as determined by their age on the first day of the season-ending championship meet

Skills Required

- Freestyle and backstroke capability for 25 yards
- Prone position/forward momentum when breathing

Participation Recommendations

- 1-3 practices per week
- All Bronze-level meets recommended, plus other meets as recommended by coach

Equipment Needed

- Fins (provided)
- Mesh bag (not provided)

Contact

Head Developmental Coach: Brian Nagel (brian@swimfoxjets.com)



White

Age Requirement

- Swimmers must be 8-13 years old as determined by their age on the first day of the season-ending championship meet

Skills Required

- Freestyle and backstroke capability for 25 yards
- Prone position/forward momentum when breathing

Participation Recommendations

- 1-3 practices per week
- All Bronze-level meets recommended, plus other meets as recommended by coach

Equipment Needed

- Fins (provided)
- Mesh bag (not provided)

Contact

Head Developmental Coach: Brian Nagel (brian@swimfoxjets.com)



Blue

Age Requirement

- Swimmers must be 8 years or younger as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in at least 3 of the competitive strokes
- Working knowledge of streamline push offs, underwater kicking, starts, flipturns and open turns
- Knowledge of group practice etiquette

Participation Recommendations

- 2-3 practices per week
- Meets as recommended by coach

Equipment Needed

- Fins (provided)
- Mesh bag (not provided)

Core Values

Family

- Team Support: Swimmers cheer for their teammates, includes others, and show respect to both coaches and peers.

Integrity

- Honesty & Responsibility: Completes set as instructed, takes ownership of actions, and consistently puts in their best effort.

Attitude

- Positivity & Resilience: Approaches challenges with enthusiasm, applies feedback, and bounces back from mistakes or tough practices.

Ambition

- Goal-Driven Commitment: Works towards small, achievable goals, pushes beyond their comfort zone, and attends practice consistently to improve.

Contact

Head Developmental Coach: Brian Nagel (brian@swimfoxjets.com)



Age Group 3

Age Requirement

- Swimmers must be 9-13 years as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in at least 3 of the competitive strokes
- Working knowledge of streamline push offs, underwater kicking, starts, flipturns and open turns
- Knowledge of group practice etiquette

Participation Recommendations

- 3 practices per week
- All meets recommended (as qualified)

Equipment Needed

- Fins (provided)
- Mesh bag (not provided)

Core Values

Family

- Team Support: Swimmers cheer for their teammates, includes others, and show respect to both coaches and peers.

Integrity

- Honesty & Responsibility: Completes set as instructed, takes ownership of actions, and consistently puts in their best effort.

Attitude

- Positivity & Resilience: Approaches challenges with enthusiasm, applies feedback, and bounces back from mistakes or tough practices.

Ambition

- Goal-Driven Commitment: Works towards small, achievable goals, pushes beyond their comfort zone, and attends practice consistently to improve.

Contact

Lead Coaches: Cheryl Hensley (cheryl@swimfoxjets.com) and RJ Greseth (rj@swimfoxjets.com)



Age Group 2

Age Requirement

- Swimmers must be 9-13 years as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in all 4 strokes
- Proficient in streamline push offs, underwater kicking, underwater pullouts, starts, flipturns, open turns, and IM transitions
- Possess at least two 8&U Gold times

Training Standards

- 100's Freestyle @ 2:30
- 100's IM @ 2:45
- 100's Kick @ 3:00

Commitment Recommendations

- Prior participation in USA Swimming meets
- 3-4 practices per week
- All meets recommended (as qualified)

Equipment Needed

- Fins (provided)
- Mesh bag (not provided)

Core Values

Family

- Team Support & Respect: Swimmers cheer for and encourage teammates, treat others kindly, and contribute to a positive team environment.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens attentively to coaches, avoids distractions, and stays focused on the assigned tasks during training.

Attitude

- Receptiveness to Feedback: Demonstrates a willingness to hear and apply coaching feedback to improve technique, effort, and performance.
- Positivity & Resilience: Approaches challenges with a good attitude, works through setbacks, and remains motivated to improve.

Ambition

- Goal Setting & Self-Awareness: Works toward both short- and long-term goals, pushing themselves to achieve personal bests and master new skills.
- Workout Awareness: Learns to read workouts and use the pace clock to improve self-awareness, pacing, and overall training efficiency.
- Commitment to Improvement: Demonstrates consistent practice attendance and effort, understanding that regular participation is key to growth.

Contact

Lead Coaches: Cheryl Hensley (cheryl@swimfoxjets.com) and RJ Greseth (rj@swimfoxjets.com)



Age Group 1

Age Requirement

- Swimmers must be 11-13 years as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in all 4 strokes
- Proficient in streamline push offs, underwater kicking, underwater pullouts, starts, flipturns, open turns, and IM transitions
- Prior participation in two USA Swimming meets
- Possess at least two 9-10 Gold times

Training Standards

- 100's Freestyle @ 2:00
- 100's IM @ 2:15
- 100's Kick @ 2:30

Commitment Recommendations

- 4 practices per week
- All meets recommended (as qualified)

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), and pull buoy
- Mesh bag (not provided)

Core Values

Family

- Team Support & Leadership: Actively supports and encourages teammates, fosters a positive and inclusive environment, and sets an example of good sportsmanship during practices and meets.
- Respect for Teammates: Maintains focus during practice, avoids distractions, and helps create a productive training space for everyone.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens carefully to instructions, focuses on tasks, and stays engaged throughout practice.

Attitude

- Receptiveness to Feedback: Accepts coaching feedback with a growth mindset, actively applies it, and strives for continuous improvement.
- Positivity & Resilience: Faces challenges with determination and a good attitude, bouncing back quickly from setbacks or tough workouts.

Ambition

- Goal-Oriented Training: Sets personal goals and works intentionally toward achieving them, understanding how small improvements contribute to long-term success.
- Workout Awareness: Understands and uses the pace clock to manage intervals, pacing, and self-monitoring during training sets.
- Training Commitment: Prioritizes consistent practice attendance, demonstrates full effort, and takes responsibility for their own improvement and readiness for competition.

Contact

Lead Coaches: Cheryl Hensley (cheryl@swimfoxjets.com) and RJ Greseth (rj@swimfoxjets.com)



Junior 3

Age Requirement

- Swimmers must be 10 years of age or younger as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in all 4 strokes
- Proficient in streamline push offs, underwater kicking, underwater pullouts, starts, flipturns, open turns, and IM transitions
- Prior participation in two USA Swimming meets
- Possess at least two 8&U Gold Times for 8&U/9-10 Silver times for 9-10

Training Standards

- 100's Freestyle @ 2:30 (8U) / 2:00 (9-10)
- 100's IM @ 2:45 (8U) / 2:15 (9-10)
- 100's Kick @ 3:00 (8U) / 2:30 (9-10)

Commitment Recommendations

- 3-4 practices per week plus dryland
- Consistent meet participation
- Priority and championship meet participation expected

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), and pull buoy
- Mesh bag (not provided)

Core Values

Family

- **Team Support & Leadership:** Actively supports and encourages teammates, fosters a positive and inclusive environment, and sets an example of good sportsmanship during practices and meets.
- **Respect for Teammates:** Maintains focus during practice, avoids distractions, and helps create a productive training space for everyone.

Integrity

- **Honesty & Responsibility:** Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- **Listening & Focus:** Listens carefully to instructions, focuses on tasks, and stays engaged throughout practice.

Attitude

- **Receptiveness to Feedback:** Accepts coaching feedback with a growth mindset, actively applies it, and strives for continuous improvement.
- **Positivity & Resilience:** Faces challenges with determination and a good attitude, bouncing back quickly from setbacks or tough workouts.

Ambition

- **Goal-Oriented Training:** Sets personal goals and works intentionally toward achieving them, understanding how small improvements contribute to long-term success.
- **Workout Awareness:** Understands and uses the pace clock to manage intervals, pacing, and self-monitoring during training sets.
- **Training Commitment:** Prioritizes consistent practice attendance, demonstrates full effort, and takes responsibility for their own improvement and readiness for competition.

Contact

Lead Coach: Matt Koken (matt@swimfoxjets.com)



Junior 2

Age Requirement

- Swimmers must be 11-14 years of age or younger as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in all 4 strokes
- Proficient in streamline push offs, underwater kicking, underwater pullouts, starts, flipturns, open turns, and IM transitions
- Possess at least two 9-10 CH times

Training Standards

- 100's Freestyle @ 1:45
- 100's IM @ 2:00
- 100's Kick @ 2:15

Commitment Recommendations

- 4 practices per week plus dryland
- Consistent meet participation
- Priority and championship meet participation expected

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), pull buoy, and small backstroke bottle
- Mesh bag (not provided)

Core Values

Family

- Team Support & Leadership: Actively supports and encourages teammates, fosters a positive and inclusive environment, and sets an example of good sportsmanship during practices and meets.
- Respect for Teammates: Maintains focus during practice, avoids distractions, and helps create a productive training space for everyone.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens carefully to instructions, focuses on tasks, and stays engaged throughout practice.

Attitude

- Receptiveness to Feedback: Accepts coaching feedback with a growth mindset, actively applies it, and strives for continuous improvement.
- Positivity & Resilience: Faces challenges with determination and a good attitude, bouncing back quickly from setbacks or tough workouts.

Ambition

- Goal-Oriented Training: Sets personal goals and works intentionally toward achieving them, understanding how small improvements contribute to long-term success.
- Workout Awareness: Understands and uses the pace clock to manage intervals, pacing, and self-monitoring during training sets.
- Training Commitment: Prioritizes consistent practice attendance, demonstrates full effort, and takes responsibility for their own improvement and readiness for competition.

Contact

Lead Coaches: Travis Anderson (travis@swimfoxjets.com) and Catie Chang (catie@swimfoxjets.com)



Junior 1

Age Requirement

- Swimmers must be 11-14 years of age or younger as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in all 4 strokes
- Proficient in streamline push offs, underwater kicking, underwater pullouts, starts, flipturns, open turns, and IM transitions
- Possess at least two 11-12 CH times

Training Standards

- 100's Freestyle @ 1:30
- 100's IM @ 1:45
- 100's Kick @ 2:00

Commitment Recommendations

- 4-5 practices per week plus dryland
- Consistent meet participation
- Priority and championship meet participation expected

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), pull buoy, hand paddles (provided) and small backstroke bottle
- Mesh bag (not provided)

Core Values

Family

- Team Support & Leadership: Actively supports and encourages teammates, fosters a positive and inclusive environment, and sets an example of good sportsmanship during practices and meets.
- Respect for Teammates: Maintains focus during practice, avoids distractions, and helps create a productive training space for everyone.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens carefully to instructions, focuses on tasks, and stays engaged throughout practice.

Attitude

- Receptiveness to Feedback: Accepts coaching feedback with a growth mindset, actively applies it, and strives for continuous improvement.
- Positivity & Resilience: Faces challenges with determination and a good attitude, bouncing back quickly from setbacks or tough workouts.

Ambition

- Goal-Oriented Training: Sets personal goals and works intentionally toward achieving them, understanding how small improvements contribute to long-term success.
- Workout Awareness: Understands and uses the pace clock to manage intervals, pacing, and self-monitoring during training sets.
- Training Commitment: Prioritizes consistent practice attendance, demonstrates full effort, and takes responsibility for their own improvement and readiness for competition.

Contact

Lead Coaches: Travis Anderson (travis@swimfoxjets.com) and Catie Chang (catie@swimfoxjets.com)



Junior 1

Age Requirement

- Swimmers must be 11-14 years of age or younger as determined by their age on the first day of the season-ending championship meet

Skills Required

- Legal and proficient in all 4 strokes
- Proficient in streamline push offs, underwater kicking, underwater pullouts, starts, flipturns, open turns, and IM transitions
- Possess at least two 11-12 CH times

Training Standards

- 100's Freestyle @ 1:30
- 100's IM @ 1:45
- 100's Kick @ 2:00

Commitment Recommendations

- 4-5 practices per week plus dryland
- Consistent meet participation
- Priority and championship meet participation expected

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), pull buoy, hand paddles (provided) and small backstroke bottle
- Mesh bag (not provided)

Core Values

Family

- Team Support & Leadership: Actively supports and encourages teammates, fosters a positive and inclusive environment, and sets an example of good sportsmanship during practices and meets.
- Respect for Teammates: Maintains focus during practice, avoids distractions, and helps create a productive training space for everyone.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens carefully to instructions, focuses on tasks, and stays engaged throughout practice.

Attitude

- Receptiveness to Feedback: Accepts coaching feedback with a growth mindset, actively applies it, and strives for continuous improvement.
- Positivity & Resilience: Faces challenges with determination and a good attitude, bouncing back quickly from setbacks or tough workouts.

Ambition

- Goal-Oriented Training: Sets personal goals and works intentionally toward achieving them, understanding how small improvements contribute to long-term success.
- Workout Awareness: Understands and uses the pace clock to manage intervals, pacing, and self-monitoring during training sets.
- Training Commitment: Prioritizes consistent practice attendance, demonstrates full effort, and takes responsibility for their own improvement and readiness for competition.

Contact

Lead Coaches: Travis Anderson (travis@swimfoxjets.com) and Catie Chang (catie@swimfoxjets.com)



Senior 2

Age Requirement

- Swimmers must be 14 years of age or younger as determined by their age on the first day of the season-ending championship meet

Skills Required

- Prior competitive swim team experience
- Legal and proficient in all 4 strokes
- Proficient in streamline push offs, underwater kicking, underwater pullouts, starts, flipturns, open turns, and IM transitions

Commitment Recommendations

- 3-4 practices per week plus
- Consistent meet participation
- Priority and championship meet participation expected

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), pull buoy, hand paddles (provided) and small backstroke bottle
- Mesh bag (not provided)

Core Values

Family

- Team Support & Respect: Swimmers cheer for and encourage teammates, treat others kindly, and contribute to a positive team environment.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens attentively to coaches, avoids distractions, and stays focused on the assigned tasks during training.

Attitude

- Receptiveness to Feedback: Demonstrates a willingness to hear and apply coaching feedback to improve technique, effort, and performance.
- Positivity & Resilience: Approaches challenges with a good attitude, works through setbacks, and remains motivated to improve.

Ambition

- Goal Setting & Self-Awareness: Works toward both short- and long-term goals, pushing themselves to achieve personal bests and master new skills.
- Workout Awareness: Learns to read workouts and use the pace clock to improve self-awareness, pacing, and overall training efficiency.
- Commitment to Improvement: Demonstrates consistent practice attendance and effort, understanding that regular participation is key to growth.

Contact

Head Coach: Lloyd Larsen (lloyd@swimfoxjets.com)



Senior 1

Age Requirement

- Swimmers must be 14 years of age or younger as determined by their age on the first day of the season-ending championship meet

Training Standards

- 100's Freestyle @ 1:25
- 100's IM @ 1:35
- 100's Kick @ 1:55

Skills Required

- Legal and proficient in all 4 strokes
- Possess at least two 13-14 Gold times

Commitment Recommendations

- 4-5 practices per week plus
- Consistent meet participation
- Priority and championship meet participation expected
- Swimmers may not arrive late or leave early from any activity without prior permission

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), pull buoy, hand paddles (provided) and small backstroke bottle
- Mesh bag (not provided)

Core Values

Family

- Team Support & Respect: Swimmers cheer for and encourage teammates, treat others kindly, and contribute to a positive team environment.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens attentively to coaches, avoids distractions, and stays focused on the assigned tasks during training.

Attitude

- Receptiveness to Feedback: Demonstrates a willingness to hear and apply coaching feedback to improve technique, effort, and performance.
- Positivity & Resilience: Approaches challenges with a good attitude, works through setbacks, and remains motivated to improve.

Ambition

- Goal Setting & Self-Awareness: Works toward both short- and long-term goals, pushing themselves to achieve personal bests and master new skills.
- Workout Awareness: Learns to read workouts and use the pace clock to improve self-awareness, pacing, and overall training efficiency.
- Commitment to Improvement: Demonstrates consistent practice attendance and effort, understanding that regular participation is key to growth.

Contact

Head Coach: Lloyd Larsen (Lloyd@swimfoxjets.com)



National

Age Requirement

- Swimmers must be 14 years of age or younger as determined by their age on the first day of the season-ending championship meet

Training Standards (Girls / Boys)

- 100's Freestyle @ 1:15 / 1:10
- 100's IM @ 1:25 / 1:20
- 100's Kick @ 1:50 / 1:45

Skills Required

- Legal and proficient in all 4 strokes
- Possess at least 1 Winter Speedo Sectional time or 15-16 CH time

Commitment Recommendations

- 5 practices per week plus
- Consistent meet participation
- Priority and championship meet participation expected
- Swimmers may not arrive late or leave early from any activity without prior permission

Equipment Needed

- Fins (provided), kickboard, snorkel (provided), pull buoy, hand paddles (provided) and small backstroke bottle
- Mesh bag (not provided)

Core Values

Family

- Team Support & Respect: Swimmers cheer for and encourage teammates, treat others kindly, and contribute to a positive team environment.

Integrity

- Honesty & Responsibility: Completes all sets and tasks as directed, holds themselves accountable for their actions, and works to maintain appropriate effort levels throughout practices.
- Listening & Focus: Listens attentively to coaches, avoids distractions, and stays focused on the assigned tasks during training.

Attitude

- Receptiveness to Feedback: Demonstrates a willingness to hear and apply coaching feedback to improve technique, effort, and performance.
- Positivity & Resilience: Approaches challenges with a good attitude, works through setbacks, and remains motivated to improve.

Ambition

- Goal Setting & Self-Awareness: Works toward both short- and long-term goals, pushing themselves to achieve personal bests and master new skills.
- Workout Awareness: Learns to read workouts and use the pace clock to improve self-awareness, pacing, and overall training efficiency.
- Commitment to Improvement: Demonstrates consistent practice attendance and effort, understanding that regular participation is key to growth.

Contact

Head Coach: Lloyd Larsen (lloyd@swimfoxjets.com)

