

	AGE	SKILLS	PARTICIPATION	EQUIPMENT	TRAINING 100s SCY
<b>U</b>	7/Under	40", comfortable, float, forward progress	1x/week	none	none
<b>RED</b>	7/Under	25 Free, 25 Back	1-3 Per Week, Bronze Meets	Fins, Meshbag	none
<b>WHITE</b>	8-12	25 Free, 25 Back	2-3 Per Week, Bronze Meets	Fins, Meshbag	none
<b>BLUE</b>	8/Under	3 Strokes, plus wall skills	2-3 Per Week, More Meets	Fins, Meshbag	none
<b>AG3</b>	9-13	3 Strokes, plus wall skills	3 Per Week, More Meets	Fins, Meshbag	none
<b>AG2</b>	9-13	all skills 2 8&U Gold Times	3-4 Per Week, More Meets	Add Kickboard	Fr 2:30, NFr 2:45, K 3:00
<b>AG1</b>	9-13	Two 9-10 Gold Times	3-4 Per Week, Most Meets	Add Snorkel Add Pull Buoy	Fr 2:00, IM 2:15, K 2:30
<b>JR3</b>	8-10	2 prior meets 8/Unders two Gold Times 9-10 two Silver Times	3-4 Per Week, Most Meets	Add Snorkel Add Kickboard Add Pull Buoy	8/Under Fr 2:30, IM 2:45, K 3:00 9-10 Fr 2:00, IM 2:15, K 2:30
<b>JR2</b>	11-14	Two 9-10 Champ Times	4 Per Week, Most Meets	Add Paddles Add Backstroke Bottle	Fr 1:45, IM 2:00, K 2:15
<b>JR1</b>	11-14	Two 11-12 Champ Times	4-5 Per Week, All Meets	All gear	Fr 1:30, IM 1:45, K 2:00
<b>SR2</b>	14+	all skills prior competitive team	3-4 Per Week, Most Meets	All gear	none
<b>SR1</b>	14+	Two 13-14 Gold Times	4-5 Per Week, All Meets prior permission to arrive late or leave early	All gear	Fr 1:25, NFr 1:35, K 1:55
<b>NAT</b>	14+	Winter Speedo or 15-16 Champ Times	6-7 Per Week, All Meets prior permission to arrive late or leave early	All gear	Girls Fr 1:15, NFr 1:25, K 1:50 Boys Fr 1:10, NFr 1:20, K 1:45

## **Lil' Jets – Swim Team Prep**

### **Age Requirement**

- Swimmers must be 7 years of age or younger

### **Skills Required**

- At least 40 inches tall
- Comfortable being in the water (not fearful)
- Comfortable putting face in/under water
- Able to float independently on front and back
- Demonstrates forward movement with arm and leg action

### **Program Focus**

- Learn foundational skills in freestyle and backstroke
- Introduction to swimming terminology and group practice etiquette (listening, following directions, lane sharing)
- Prepare swimmers for transition into the Red or White groups

### **Contact**

- Head Developmental Coach: Brian Nagel
- Email: [foxjetsteamcoach@hotmail.com](mailto:foxjetsteamcoach@hotmail.com)

## **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 years
- 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
- Email: [foxjetsteamcoach@hotmail.com](mailto:foxjetsteamcoach@hotmail.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 years
- 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
- Email: [foxjetsteamcoach@hotmail.com](mailto:foxjetsteamcoach@hotmail.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, include others, and show respect to both coaches and peers.
- **Integrity**
  - **Honesty & Responsibility:** Completes set as instructed, takes ownerships 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
- Email: [foxjetsteamcoach@hotmail.com](mailto:foxjetsteamcoach@hotmail.com)

### **Age Group 3**

#### **Age Requirement**

- Swimmers must be 9-13 years old 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, include others, and show respect to both coaches and peers.
- **Integrity**
  - **Honesty & Responsibility:** Completes set as instructed, takes ownerships 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 Coach: RJ Greseth & Cheryl Hensley
- Email: [rgreseth@rocketmail.com](mailto:rgreseth@rocketmail.com) [jerica12842@gmail.com](mailto:jerica12842@gmail.com)

## **Age Group 2**

### **Age Requirement**

- Swimmers must be 9-13 years old 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
- Consistent meet participation, including championships

### **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 Coach: RJ Greseth & Cheryl Hensley
- Email: [rgreseth@rocketmail.com](mailto:rgreseth@rocketmail.com) [jerica12842@gmail.com](mailto:jerica12842@gmail.com)

## **Age Group 1**

### **Age Requirement**

- Swimmers must be 11-13 years of age 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, flip turns, open turns, IM transitions
- Prior participation in two USA Swimming meets
- Possession of 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
- Consistent meet participation, including championships

### **Equipment Needed**

- Fins, kickboard, snorkel, and pull buoy (provided)
- 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: RJ Greseth & Cheryl Hensley
- Email: [rgreseth@rocketmail.com](mailto:rgreseth@rocketmail.com) [jerica12842@gmail.com](mailto:jerica12842@gmail.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, flip turns, open turns, IM transitions
- Prior participation in at least 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 8&U/2:00 9-10
- 100's IM @ 2:45 8&U/2:15 9-10
- 100's Kick @ 3:00 8&U/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, kickboard, snorkel, and pull buoy (provided)
- 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
- Email: [m.koken19@yahoo.com](mailto:m.koken19@yahoo.com)

## Junior 2

### Age Requirement

- Swimmers must be 11-14 years of age 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 a week plus dryland
- Consistent meet participation
- Priority and Championship meet participation expected

### Equipment Needed

- Fins, kickboard, snorkel, paddles and pull buoy (provided)
- Small backstroke bottle and 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 & Catie Chang
- Email: [travis.w.anderson88@gmail.com](mailto:travis.w.anderson88@gmail.com) [changcatie@gmail.com](mailto:changcatie@gmail.com)

## Junior 1

### Age Requirement

- Swimmers must be 11-14 years of age 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 a week plus dryland
- Consistent meet participation
- Priority and Championship meet participation expected

### Equipment Needed

- Fins, kickboard, snorkel, hand paddles and pull buoy (provided)
- Small backstroke bottle and 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 & Catie Chang
- Email: [travis.w.anderson88@gmail.com](mailto:travis.w.anderson88@gmail.com) [changcatie@gmail.com](mailto:changcatie@gmail.com)

## Senior 2

### Age Requirement

- Swimmers must be 14 years of age or older 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
- Consistent meet participation
- Priority and Championship meet participation expected

### Equipment Needed

- Fins, kickboard, snorkel, hand paddles and pull buoy (provided)
- Small backstroke bottle and 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
- Email: [foxjet@comcast.net](mailto:foxjet@comcast.net)

## **Senior 1**

### **Age Requirement**

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

### **Training Standards**

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

### **Skills Required**

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

### **Commitment Recommendations**

- 4-5 practices a week plus dryland
- Consistent meet participation
- Priority and Championship meet participation expected
- Note: Swimmers may not arrive late or leave early from any activity without prior permission

### **Equipment Needed**

- Fins, kickboard, snorkel, handle paddles, pull buoy and ankle band (provided)
- Small backstroke bottle and 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
- Email: [foxjet@comcast.net](mailto:foxjet@comcast.net)

## **National**

### **Age Requirement**

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

### **Training Standards**

- 100's Freestyle @ 1:15 Girls, 1:10 Boys
- 100's Non-Free @ 1:25 Girls, 1:20 Boys
- 100's Kick @ 1:50 Girls, 1:45 Boys

### **Skills Required**

- Legal and proficient in all skills
- Possesses at least 1 Winter Speedo Sectional time or 15-16 CH time

### **Commitment Recommendations**

- 5 practices a week plus dryland
- Consistent meet participation
- Priority and Championship meet participation expected
- Note: Swimmers may not arrive late or leave early from any activity without prior permission

### **Equipment Needed**

- Fins, kickboard, snorkel, handle paddles, pull buoy and ankle band (provided)
- Small backstroke bottle and 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
- Email: [foxjet@comcast.net](mailto:foxjet@comcast.net)