

TRIDENT AQUATICS

Thank you for your interest in joining our swim team! At Trident, we firmly believe that our sport provides a safe, challenging, fun and rewarding experience, instilling skills for a lifetime! For families new to competitive swimming, we hope this overview will provide lots of information to help you and your swimmer better understand how our program works, and provide action steps if you're interested in learning more. Trident is a competitive team, professionally coached, with particular attention aimed at technique acquisition, skill development, sportsmanship, building confidence and ensuring that our sport is fun and rewarding.

Trident Aquatics Club, founded in 2015, is a USA Swimming sanctioned club. USA Swimming, based at the Olympic Training Center in Colorado Springs, CO, is the United States governing body for age group swimming, and is also responsible for the selection of our country's national team each year, including our olympic team every four years. For our club, this means that swimmers are provided outstanding resources and unlimited opportunity to reach the highest of levels in our sport. Our sport is largely age-group based, meaning that most swim meets (with the exception of the more elite level meets) are structured around peer competition. No matter what level a swimmer is, USA Swimming has implemented a tremendous system that consistently provides every swimmer with a goal time and/or swim meet to set as a goal. There's always a "next level" to aim for, qualification times to make, and things to learn!

Trident's athletes have qualified at the State, Regional, National, Olympic Trials (2020 and 2024) and even the Olympics (Tokyo 2020) levels. Our swimmers range in age from 6 to 19, as well as a college/alumni training group. Approximately 50% of our high school-aged swimmers also represent their respective high schools during their season. Unlike many clubs, the goal of swimming in college is a priority and top-of-mind goal for coaches, swimmers and parents for our swimmers. Trident has enjoyed high success in getting swimmers into the collegiate D1, D2 and D3 level schools, and many with scholarships. Nationally, 7.4% of high school graduating swimmers earn a college roster position. Trident's success rate is 81%.

With the opening of our own aquatic center in 2020, we now have the invaluable opportunity to train at a world-class level. We are a technique-biased training program, and strongly believe in the critical nature of proper technique for two reasons: optimizing performance over a swimmer's journey as they grow, and to avoid injury. Many aspects of

our pool's technology, such as our underwater video system and force /acceleration sensing system, play key roles in how we can fast-track a swimmer's improvement in technique. Our pool also has many key, proprietary training tools, such as built in LED pacing/racing system in the bottom of the pool, and a wireless metric monitoring system that attaches to a swimmer's goggles and brings coach's live data with which to assist a swimmer's performance without guesswork.

So, a few key things about how our swim team works. Trident has five training groups: Blue, Bronze, Silver, Gold and Senior. Every workout, technique session, mentoring opportunity, is specifically designed appropriate for each level and age group. A coach's goal is to help a swimmer improve in their strokes, increase their mental knowledge of our sport, learn to train in a deliberate goal-focused manner, and ultimately move up through each group. "Moving up" a group is a big deal to swimmers, coaches and parents. We all share the same objective. Each level has clearly written determinants of how a swimmer can successfully train within a given group, and how to advance to the next higher training group.

Trident practices and competes year round. Like any sport, musical instrument, etc, we only get out what we put in. Trident Aquatics Club is not a recreational type of program. While fun is always a cornerstone of what we do, our swimmers generally have lofty goals in swimming, and are committed to their training...at any level. This is not to suggest at all that swimming has to be an exclusive sport or activity, especially at younger ages. Our swimmers also play volleyball, run track, play musical instruments, participate in boy/girl scouts, etc. A key underpinning of our culture is one of utilizing the amazing learning aspects of swimming to set young people up for amazing lives. Coaches embrace swimmers who have second or third activities, so long as there is the mutual understanding of that fact that in our sport, those who train better and more often will most always be those who reach the greatest success. This certainly becomes more important as swimmers get into their sophomore and junior years of high school, if there's a goal to swim at the college level. No two swimmers ever have the exact same goals or expectations for their journey in our sport, so prospective families are encouraged to discuss these types of topics over with a coach during the evaluation phase.

Swim meets generally take place 1 or 2 weekends per month, with the exception of March, September and August...short breaks. While attendance at practice is important, and depending on group, mandatory, swim meets are not all mandatory. Swim meets take place at "home" (typically the Jenks Aquatic Center), in Edmond, OK, and depending on swimming performance and level, anywhere from 3 to 5 swim meets are out of state each season. While coaches like to see swimmers attend most swim meets, it is anticipated and acceptable for swimmers to not attend certain swim meets on occasion. As we get into championship meets, coaches do expect all swimmers to participate. Much of our training,

goal setting, even taper phase, is geared around peak performance a couple times each year, and we want this to be equally important to every swimmer and swim parent.

In competitive swimming at this level, there are two seasons. The first, and longest, is what's called "short course" season, taking place from September through March. Short course refers to the fact that most swim meets are hosted in a 25 yard pool, versus the alternative olympic size 50 meter pool. (As an aside, collegiate level meets are held in short course, 25 yard pools). From April to August, swim meets are mostly hosted in a 50 meter, "long course" pool, to include, obviously some outdoor meets that are not possible during the winter months. While it can often be advantageous for swimmers to join our team at the beginning of one of the two seasons, Trident does often welcome new swimmers to our program any time of year.

Swim practice: Trident is a roster-capped team. Unlike many other clubs in Oklahoma, we do conduct tryouts, invest time in getting to know families, seek to understand a swimmer's and parent's perspective and potential objectives in competitive swimming. Our team culture is of paramount importance to us, as we truly live our sport in help set young people's lives off on tremendous, rewarding life trajectories. As a result, we are not the type of club that's best suited for swimmers who would like to swim just once or twice per week. Of course, with our younger levels, especially Blue and Bronze, we fully recognize that swimmers and their parents are evaluating whether our sport is a perfect fit for each young person, and that there certainly exists a sense of learning and exploration of whether competitive swimming can become a passion for every young swimmer. As a swimmer gains experience and increases their performance, it becomes natural (and expected) for swimmers to find themselves committing more and more time and energy towards their training. And equally as much for our coaching staff. Being a small team, our coaches invest countless hours preparing workouts, mentoring every swimmers, and our culture has been built around mutual commitment to our sport.

Ready to learn more? Here's your next steps to learn and experience more about competitive swimming, Trident-style:

- 1) Visit www.USASWIMMING.org to learn more about the sport itself, the governing body, competition, how swim parents can set their children up for success, and many more resources at this site.
- 2) Visit our team's site, www.TridentAquatics.Club, and visit the team specific pages, to get up to speed on key, current aspects of our team.
- 3) Swimmer Evaluation with a Coach. As a family determines they'd like to meet with a Trident coach, and request a swimmer observation, they may request an appointment via our website (Please visit the NEW SWIMMER page at TridentAquatics.Club and complete the short "NEW SWIMMER INQUIRY" form). A coach will assist each family in

arranging a day to get a prospective swimmer in the pool for an overall evaluation. After a swimmer's evaluation, the coach will advise a family on their recommendations to take the next step on one of our two programs. Please note that a swimmer's endurance, and ability to complete a one hour swim practice, is an important consideration (in addition to core skills). Most commonly, the outcomes of each swimmer evaluation will result in one of the following determinations:

- An invitation to observe, participate and ultimately join Trident Aquatics competitive team
 - A recommendation to fine tune a swimmer's skills and endurance via higher level programs within the swim school, along with advice on whether small group or private instruction will best serve a particular swimmer
- 4) Always feel free to visit and observe a swim practice! We often find it invaluable for a young person to observe a swim practice, without any pressure, to see what it's like to practice on our team. Watching peers in a swim practice is very informative to both the swimmer and parent alike. Often, a swimmer evaluation can be arranged before or after a team practice, which allows easy scheduling and time to watch all or a portion of a team swim. Another option, if a swimmer is interested, is to join in on part or all of a particular swim practice.
 - 5) Visit with current swim parents to gain their insight into our program's culture, and life as a "swim parent".

Swim Team Levels for Ages 7 through 18

To request a swimmer evaluation, please complete the form on the [New Swimmer page](#) at: www.TridentAquatics.Club **or simply point your phone's camera at this QR Code!**



Questions? Please email our coaching staff at: Morgan@tridentaquatics.club

Monthly Dues

Blue: \$135/mo. Bronze: \$155/mo. Silver: \$170/mo. Gold: \$220/mo. Senior: \$248/mo.
Dues are allocated by the number of hours of training each week, complexity of equipment and coaching, etc.

THANK YOU FOR YOUR INTEREST IN TRIDENT AQUATICS' SWIM TEAM!