

Trident families, Welcome to the 2024-25 Short Course Season! Your coaches are super excited to get swimming! Here's a quick summary of the "Need to Knows"!!

COACH CONTACTS

Sean Callan (620) 332-9876 (Senior, Gold, Masters) sean@tridentaquatics.club
 Morgan Little (303) 827-9611 (Silver, Bronze, Blue) morgan@tridentaquatics.club

TEAMUNIFY / SportsENGINE Mobile App

To ensure you receive new and information with all things Trident, please ensure that you have the SportsEngine app loaded on your phone AND your notifications enabled for this app! Same for your swimmers with phones (with parent approval, of course). This app is key to communication throughout the team, and also a great place to track swimmer performance, best times, swim meet schedule and entries, team dues/financial, and lots more!



PRACTICE SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Saturday
SENIOR	4:00-6:00pm				4:00-5:30pm	8:00-10:00am
GOLD	4:00-6:00pm				4:00-5:30pm	8:00-10:00am
SILVER		6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		10:00-11:15am
BRONZE	6:00-7:15pm		7:30-8:30pm		5:30-6:45pm	
BLUE		7:30-8:30pm		7:30-8:30pm		
MASTERS		6:10-7:30pm		6:10-7:30pm		11:15am-12:30pm

SWIM MEETS

Our short course competition schedule will be loaded into SportsENGINE the last week of August. We are waiting on a couple hosts to post their meets. We will post on our social network when the meet schedule is published.

REGISTRATION

All athletes will need to register for two organizations...Trident and USA Swimming. Trident's registration will take place the last week of August. The USA Swimming registration side of things will happen late September for current athletes. New members to the team will be provided a link to register your swimmer.

REGISTRATION 1 - TRIDENT AQUATICS

For the 2024-25 Season, Trident will continue to utilize the *TeamUnify/SportsENGINE* system. ALL families will need to register their swimmer(s) for this new season, as nothing can carry over from the current season. Please have your swimmer registered by AUGUST 27 so that we can process them all before September!

REGISTRATION 2 - USA SWIMMING

Swimmers who are current USA Swimming members will receive an email indicating they've been auto-enrolled in late September. Swimmers who are new to USA Swimming will register via a link provided within 2 weeks upon beginning first practices with the team.

TEAM GEAR, UNIFORMS, SWAG

We are excited to announce our partnership with a new team supplier. D&J Sports will be handling our equipment, clothing, and other fun swimming items. D&J has tremendous experience in our sport, and will do a super job on the “swag” side of things. They are putting the finishing touches on our team site and when it’s ready, we’ll post it!

The following chart explains each piece of training equipment required for each group. For new swimmers, and swimmers needing new equipment, coaches will send out where to purchase that new equipment.

Training Equipment (2024-2025)

BLUE	BRONZE	SILVER	GOLD	SENIOR
Goggles, Cap, Training Suit	Goggles, Cap, Training Suit	Goggles, Cap, Training Suit	Goggles, Cap, Training Suit	Goggles, Cap, Training Suit
Water Bottle	Water Bottle	Water Bottle	Water Bottle	Water Bottle
Kick Board	Kick Board	Kick Board	Kick Board	Kick Board
	Fins	Fins	Fins	Fins
	Pull Buoy	Pull Buoy	Pull Buoy	Pull Buoy
		Snorkel	Snorkel	Snorkel
		Paddles	Paddles	Paddles
		Tempo Trainer	Tempo Trainer	Tempo Trainer
			Parachute	Parachute
			Drag Suit	Drag Suit

NEW SWIM FAMILIES

Welcome to the team! Here’s your first steps....

- 1) Registering for the team and setting up your TeamUnify / SportsENGINE account. At the team page on our website (www.tridentaquatics.club), you’ll see a red button in the upper right side of that page, entitled “**’24-’25 Team Registration**”. Follow that link to register. Also ensure you load and set up the SportsENGINE app!



- 2) Register your swimmer with USA Swimming. You’ll notice there’s a 2nd red button at that same page on our team site, labeled “**USA Swimming Registration**”. Follow that link to register your swimmer with Trident. (If the system asks, our team code is “TAC” and our LSC is “Oklahoma”).

- 3) Gear up your swimmer! Please reference the chart above, for your swimmer’s particular training group. Trident stocks kickboards and team caps, and coaches will assist them for those. For other items such as buoys, snorkel, tempo trainer, etc, you will go to the D&J Sports website (djsports.com) and then visit the Trident Aquatics - specific team page. Here you’ll find all of our team’s gear for purchase. (Note...our team site will be activated the last week of August). If you or your swimmer has any specific questions regarding training gear, please do not hesitate to ask a coach! It is important that swimmers have the correct gear, sized correctly and knows how to use it.

