





Welcome to Riptide Kickoff 2025!

Tonight's Itinerary:

- Season/Practice Presentation
- Rising Tides Presentation
- Parent Q&A

Why should we become Riptides?

- Your child will become a better swimmer
- They will participate in a safe, supportive, environment
- They will build confidence in themselves and their abilities
- Develop social skills as part of a team
- Future opportunities in aquatics

Full Season Blueprint: September 1-August 31

Short Course Season: September - March

- Meat of our season
- Peak numbers/attendance
- Length allows for growth
- “Edge Training”

Long Course Season: March - May

- Short season
- Select key meets
- Different style of training (Sprint vs. Marathon)

Summer Season: Mid-May - July

- Swimmers participate with Aquaventure or others
- Sprint Training
- Mix of established and new swimmers
- Relaxed atmosphere

Practice Schedule 2025-2026

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:00-7:00 PM Green	6:00-7:00 PM Purple	6:00-7:00 PM Green	6:00-7:00 PM Purple	5:30-6:30 PM All Groups “FIN FRIDAY”	3:00-4:00 PM All Groups HEAVY TECHNIQUE
6:00-7:00 PM Purple	6:00-7:00 PM Green	6:00-7:00 PM Purple	6:00-7:00 PM Green		
6:00-7:00 PM Red	6:00-7:00 PM Red	6:00-7:00 PM Red	6:00-7:00 PM Red		
6:00-7:30 PM Blue	7:00-8:00 PM Blue	6:00-7:30 PM Blue	7:00-8:00 PM Blue		
6:00-7:30 PM Silver	7:00-8:00 PM Silver	6:00-7:30 PM Silver	7:00-8:00 PM Silver		

Practice schedule subject to change, please refer to Coach's Update each week for changes.

Practice Schedule 2025-2026

Dryland Schedule

Tuesday		Thursday
5:30-5:50 PM Purple, Green, Red		5:30-5:50 PM Purple, Green, Red
6:00-6:50 PM Blue, Silver		6:00-6:50 PM Blue, Silver

Goals for Dryland:

- Overall physical fitness
- Stroke specific movements
- Reduce injuries

Practice Notes:

- Monday-Thursday are the “meat” of our practices
- Friday and Sunday practice is skill specific
- Mixed lanes on Friday/Sunday to challenge swimmers
- Swimmers must enter/exit through the Aquaventure lobby
- Swimmers report to the start end of the pool (where the dive platforms are)
- **Friday and Sunday practices DO NOT count against commitment levels!**

Riptide Coaching

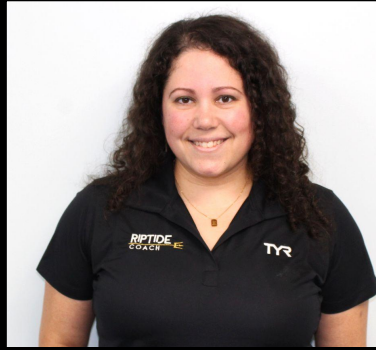
Coaching Staff Notes:

- Each group will have consistent coaches.
- Each practice group has specific training structure.
- Age Group coaches are with their groups Monday-Thursday.
- Rotating coaches on skill-specific Friday and Sunday practices.
- Monthly coaches meetings to discuss group progression.

2025-2026 Coaching Staff:



Coach Mike



Coach Anna



Coach Shelby



Coach Hannah



Coach Jariana

Not Pictured:
Coach Lucy
Coach Matthew
Coach Alex



Coach Caroline



Coach Kayla



Coach Sara-Morgan



Coach Randall

GROUP DESCRIPTIONS

Technique

Aerobic/
Anaerobic

PURPLE

- Heavily focused on technique
- Practice focuses on 50's and 100's
- Getting used to year-round swim

90%

10%

GREEN

- Introducing intervals
- Building technique through drills
- Motivated to improve!
- Stroke turns and diving from block

70%

30%

RED

- Focus on increasing speed of proper technique
- All strokes meet technique expectations
- Goal setting becomes critical

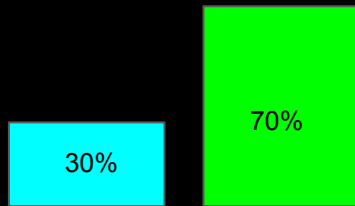
50%

50%

GROUP DESCRIPTIONS

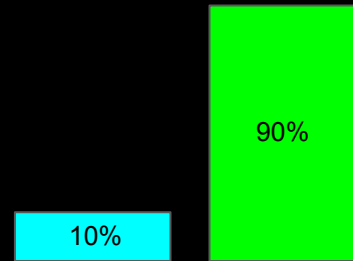
BLUE

- Self-Timing
- Focus on getting stronger and faster
- Open lines of communication with coaches about times, skills and goals



SILVER

- Defined goals
- Expectations
 - Coach communication
 - Attending meets
 - Be a leader
- Higher intensity



Commitment Levels

Group					
Purple	1 Day	2 Day	3 Day		
Green	1 Day	2 Day	3 Day	4 Day	
Red		2 Day	3 Day	4 Day	
Blue		2 Day	3 Day	4 Day	
Silver		2 Day	3 Day	4 Day	

Did You Know? Commitment levels can change throughout the season by request.

NEW THIS SEASON: SILVER ELITE

- More Competitive Level
- Larger emphasis on meet attendance (especially larger meets)
- Expectation of more practice days each week
- No swimmers will start in Silver Elite on September 1, will populate this group over the next 2-3 months (in other words, they have to EARN it)
- Possible morning practice during high school swim season

EDGE TRAINING

(Blue & Silver)

DISCOMFORT

EDGE ZONE

COMFORT

- Assist swimmers in finding the “edge” between comfort and discomfort
- Make swimmers aware of their training intensity
- Better training awareness will make for more efficient training

Protocol for Transitioning Groups

- Evaluations will happen ONCE a month
- The last week of each month
- Evaluation Request form needs to be completed prior to the last week
 - Found on Riptides Website
- Coaches may also recommend evals
- If the swimmer does not pass test set, they receive specific feedback for improvement
- Probationary status

Purple

- 50 Freestyle
 - 50 Backstroke
 - 25 Breaststroke
 - 25 Dolphin Kick
- *Standing or race start dive

Green

- 100 Free
 - 100 Backstroke
 - 100 Breaststroke
 - 50 Butterfly, 100 IM
- *Understanding .00 and .30 intervals, attentive throughout practice, engaged and asking questions, motivated to improve technique, showing best effort regardless of ability.

Red

- 200 Freestyle @ 5:30-6:00
 - 200 IM @ 5:00-5:30
 - 100 Breaststroke
 - 100 Butterfly
 - Race dives from the start block
- *Understanding .00, .15, .30, and .45 intervals, meeting a 2:15 interval for Freestyle, encouraged to increase the speed of proper technique.

Blue

- 8 X 50 Free @ 2:00
 - 3 X 200 IM @ 4:00
 - 6 X 50 Free @ <.40 pace on 2:00
 - 200 Free, 200 Back
 - 200 Breast, 100 Fly, 200 IM
- *Know intervals, self-timing, 4-6 Dolphin Kicks out of turns, Free/Back Flips at every wall, understand pacing.

Silver

- 12 x 25 @ .40 IMO
 - 400 IM
 - 10 x 100 @ 1:45
 - 500 Free, 200 Back, 200 Breast, 200 Fly, 400 IM
- *Self aware of intervals, pacing, and active recovery, specific goals,

GOAL CARDS

Understanding Times

- We are currently a "B-BB" standards team
- Goal for this season is "BB" and "A" standards
- Multiple A times achieved last season!

				IMR 10&U Girls	B Min	BB Min	A Min
				100 Y Free	1:29.59	1:19.99	1:10.49
				50 Y Back	46.99	41.89	36.69
				50 Y Breast	53.19	47.49	41.69
				50 Y Fly	47.30	41.79	36.19
11-12 M	B	BB	A	AA	AAA	AAAA	
50Y Free	32.59	30.29	27.89	26.79	25.59	24.49	
100Y Free	1:10.99	1:05.89	1:00.89	58.29	55.79	53.29	1:31.69
200Y Free	2:34.59	2:23.49	2:12.49	2:06.99	2:01.39	1:55.89	1:20.79
500Y Free	6:57.29	6:27.49	5:57.69	5:42.79	5:27.89	5:12.99	
50Y Back	37.89	34.99	32.09	30.69	29.29	27.79	
100Y Back	1:22.19	1:15.69	1:09.19	1:05.99	1:02.79	59.49	
50Y Breast	42.89	39.49	36.09	34.39	32.69	31.09	
100Y Breast	1:31.39	1:24.49	1:17.49	1:13.99	1:10.49	1:06.99	
50Y Fly	37.09	34.19	32.19	29.69	28.19	26.79	
100Y Fly	1:22.89	1:16.09	1:09.29	1:05.89	1:02.39	58.99	
200Y IM	2:57.29	2:43.99	2:30.69	2:23.99	2:17.29	2:10.69	
400Y IM	6:13.09	5:46.39	5:19.79	5:06.49	4:53.19	4:39.79	

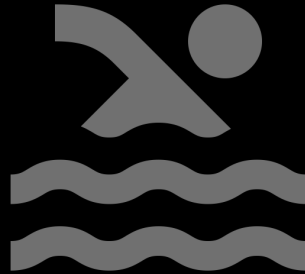
Coach Meetings

- Monthly meetings for all coaches
- Assess and review group progress
- Identify areas of improvement
- Strategize for upcoming events/meets
- Keep all coaches in the loop
- Set goals and keep up with progress

SWIM MEETS

Schedule

- At least one meet a month
- Rocky Mount, Cary, Goldsboro, Aquaventure, Further West, etc.
- Cannot confirm meet attendance until info packets are released



Preparation

- The week prior to the meet
- Setting goals, going over technicalities, etc
- Time to ask questions
- "Race Pace" exercises
- No cancelling declarations

SWIM MEET SCHEDULE

Date	Meet	Location
9/27-9/28	RMY Fall Invitational	Rocky Mount YMCA
10/24-10/26	BAC Halloween Bash	Bolivia
11/1-11/2	AQUA IMX Challenge	Aquaventure
11/21-11/23	GOLD Gobbler Invitational	Goldsboro YMCA
12/19-12/21	Titans Jingle Bell Meet	Cary
1/9-1/11	RMY Winter Invitational	Rocky Mount YMCA
2/6-2/8	BAC Cupid Qualifier	Bolivia
3/7-3/8	AQUA Blarneystone Blast	Aquaventure

SWIM MEET DECLARATION

NEW FEATURE!

- Click the “Commit” option
- Mark the sessions you plan to attend
- If you cannot attend, click the “Decline” option

The screenshot displays the 'commit swimming' interface. On the left is a sidebar with navigation links: Dashboard, Meets (highlighted), Calendar, Training, People, Messaging, Reports, Payments, and Website. The main content area is titled 'Entries' and shows a list of entries for a swimmer. The 'Committed (1)' tab is selected, showing one entry: 'Canon Godwin - 11'. To the right of the entry list, there is a section for 'Canon Godwin' with a green checkmark and the text 'Committed - No entries'. Below this, there is a 'Commitment' section with a green thumbs-up icon and the text 'Committed. Change session commitment details below.' and a red button labeled 'Switch to "decline"'. At the bottom, there is a 'Session commitments' section with two checkboxes: 'Sat 10:00 AM (Day 1)' and 'Sun 10:00 AM (Day 2)'. A search bar at the top right allows searching for an athlete.

HOW DO WE STACK UP?

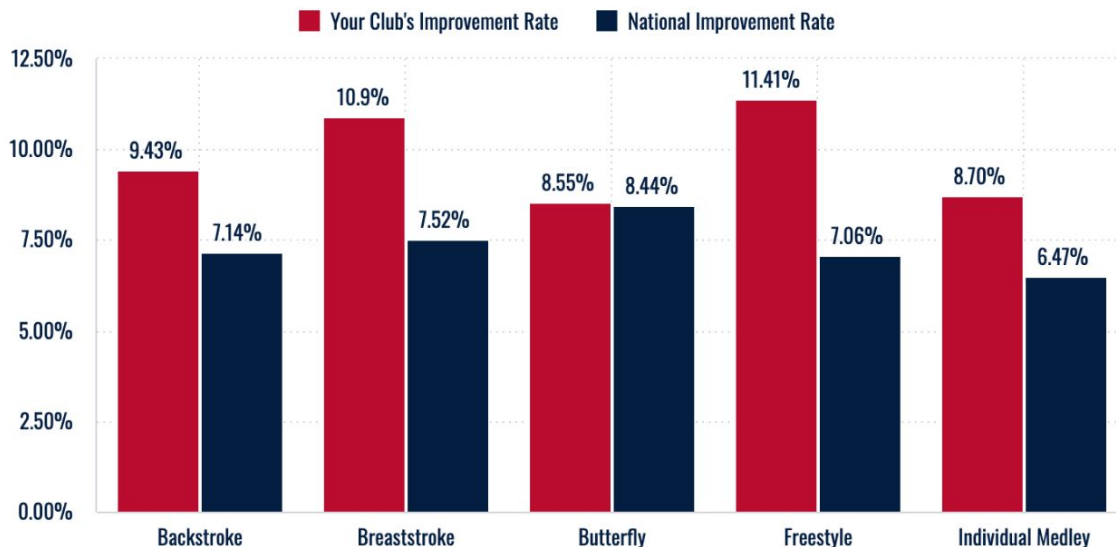
Your Club vs. National Average

Please use filters above to view by Age group / Competition Category (filters will filter entire dashboard)

Stroke Improvement Rates

Stroke	Club's Improvement Rate	National Improvement Rate
Backstroke	9.43%	7.14%
Breaststroke	10.9%	7.52%
Butterfly	8.55%	8.44%
Freestyle	11.41%	7.06%
Individual Medley	8.70%	6.47%

Improvement Rates ⓘ ⋮

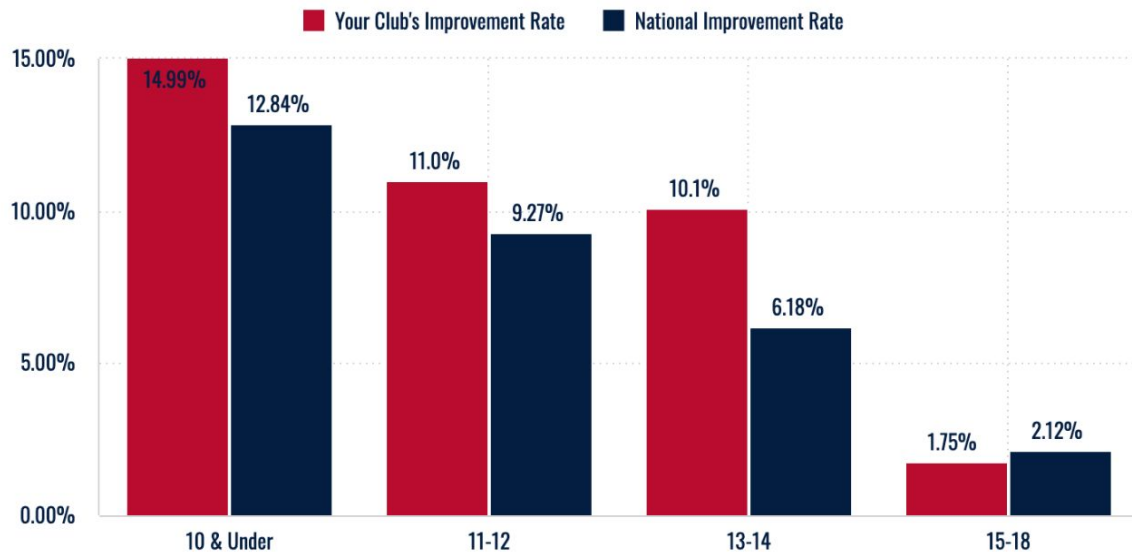


HOW DO WE STACK UP?

Age Group Improvement Rates

Age Gro...	Your Club's Improvement Rate	National Improvement Rate
10 & Under	14.99%	12.84%
11-12	11.0%	9.27%
13-14	10.1%	6.18%
15-18	1.75%	2.12%

Improvement Rates By ⓘ ⋮



MORE 2024-2025 DATA!

- Swimmer's First Club Swim Meets: 31
- Established Times: 240
- Total Time Cut: 1,355 seconds

What are the goals for my swimmer?

- Progression and excellence in their skillset
- Participation on summer, high school, and college teams
- Volunteer opportunities (Future Staff; 12-15 yrs)
- Aquatic Certifications (Lifeguard/ Swim Instructor)

Riptides of the Month



- Chosen by the coaches during monthly meeting
- Male/female swimmers; Dryland athlete
- Athletes who have worked hard consistently in practice all month, met goals, excelled in all areas
- Athletes posted in weekly update posted on TeamReach

Team Management Software

- Commit Swimming (not same as Tridents)
- Team Website (access portal link)
- Manage swimmer profile
- Card on file for purchases
- All meet times tracked in system

Why Commit?

- Simple interface
- Timely support
- More control over accounts
- Meet Declarations

Registration Info

- Separate portals for team and USAS registration
- If you registered as a Premium athlete last season you are good through December
- Practice fees billed the first of each month

Why Register?

All swimmers participating on a USAS certified team must be registered.

Training unregistered swimmers can cause loss of insurance and certification for our club.

Account Changes

Any changes must be submitted via the appropriate form:

- Account Pause Request
- Commitment Change Request
- Evaluation Request
- Requested changes will take effect on the 1st of the following month.

We make account changes very easy. For that reason, we cannot offer refunds for failure to request an account change. Request forms can be found on our website.



Team Communication

Download TeamReach

Code: **AQUA2526**

Contact coaches directly,
receive time sensitive updates
and more.

Head Coach

Mike:

mgodwin@aquaventurenc.com

Parent Board

aquarisingtides@gmail.com

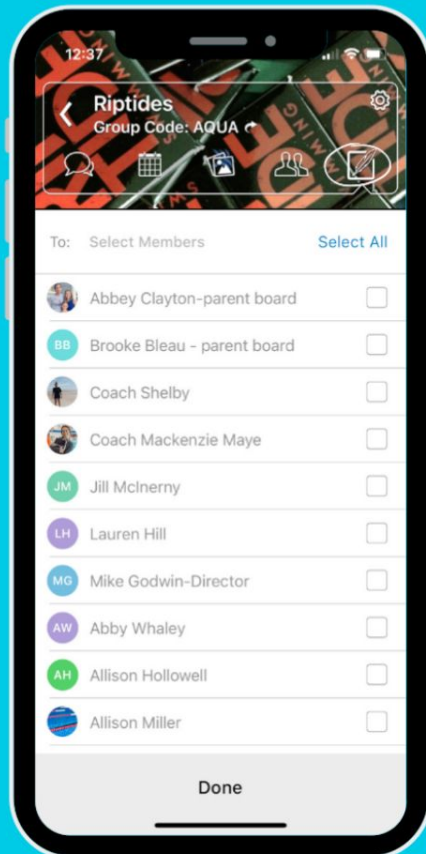
Aquaventure Front Desk

(252)-931-8081

DIRECT MESSAGE

TEAMREACH

POST WALL



Direct Message

- Daily updates about your specific child (sick, attending xyz days this week, etc)

- Daily Practice adjustments (James will not be swimming today even though it is his scheduled day)

Questions that pertain to you and your specific schedule

Questions regarding your billing situation

Post Wall

- Questions about program-specific updates

- Items that pertain to all Riptides parents

