



RIP TIDE
S W I M M I N G



Welcome to Signing Day!

2024

Tonight's Itinerary for Parents:

- Season/Practice Presentation
- Excuse Swimmers
- Team Operations Presentation
- Rising Tides Presentation
- Parent Q&A

Tonight's Itinerary for Swimmers:

- Season/Practice Presentation
- Swimmers Report to Pool Deck
- Swim Evaluations
- Introduction to Practice
- Swimmer Q&A

Coach Introductions

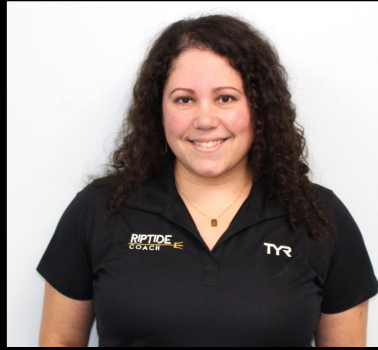
Coaching Staff Notes:

- 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.

2024-2025 Coaching Staff:



Coach Mike



Coach Anna



Coach Shelby



Coach Kyle



Coach Jariana



Coach Hannah



Coach Mackenzie



Coach Lauren



Coach Sara-Morgan



Coach Randall

Full Season Blueprint: September 1-August 31

Short Course Season: September - March

- Meat of our season
- Peak numbers/attendance
- Length allows for growth
- Best opportunity to work with other teams

Long Course Season: March - May

- Not many 50 meter pools nearby
- 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 2024-2025

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 Purple, Green	3:00-4:00 PM Purple, Green
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	5:30-7:00 PM Red, Blue, Silver	3:00-4:30 PM Red, Blue, Silver
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 2024-2025

Dryland Schedule

Tuesday	Wednesday	Thursday
5:30-5:50 PM Green, Red	5:30-5:50 PM Purple	5:30-5:50 PM 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:

- Assigned coaches work with their groups Monday-Thursday
- Friday and Sunday practice is skill specific
- Rotating coaches for Friday/Sunday
- 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)

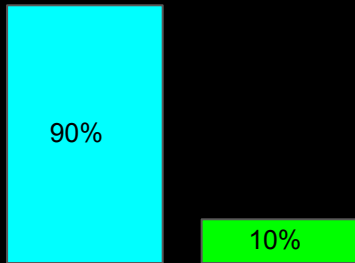
GROUP DESCRIPTIONS

Technique

Aerobic/
Anaerobic

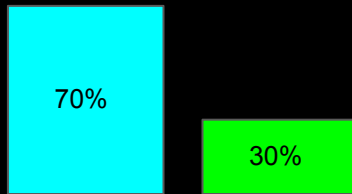
PURPLE

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



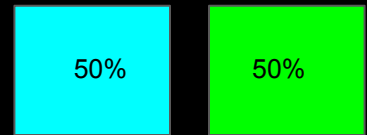
GREEN

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



RED

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



GROUP DESCRIPTIONS

BLUE

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

30%

70%

SILVER

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

10%

90%

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, 50 Breaststroke, 25 Dolphin

*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 Flipturns 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,

→ Need to SEE

❖ Need to be able to DO

*Additional Skills (build on each other per group)

GOAL CARDS

Understanding Times

- We are currently a "B" standards team
- Goal for this season is "BB" and "A" standards
- Fill up card for prizes!

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
		1:31.69	1:20.79

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
200Y Free	2:34.59	2:23.49	2:12.49	2:06.99	2:01.39	1:55.89
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

SWIM MEETS

Schedule

- At least one meet a month
- Rocky Mount, Cary, Goldsboro, Aquaventure, Minges, 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
- At least ONE prep practice will be required to attend the meet
- No cancelling declarations

SWIM MEET SCHEDULE

Date	Meet	Location
9/28-9/29	RMY Fall Invitational	Rocky Mount YMCA
10/12-10/13	RSA Rock the Blocks	Smithfield
10/19-10/20	Titans Fall Invite	Cary
11/2-11/3	AQUA IMX Challenge	Aquaventure
11/8-11/10	ECA Southeastern Classic	Minges (Greenville)
11/22-11/24	GOLD Gobbler Invitational	Goldsboro YMCA
12/20-12/22	Titans Jingle Bell Meet	Cary
1/11-1/12	AQUA Coldsnap Qualifier	Aquaventure
1/24-1/26	RMY Winter Invitational	Rocky Mount YMCA
2/8-2/9	BAC Cupid Qualifier	Bolivia
3/8-3/9	AQUA March Block Party	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 shows the 'commit swimming' interface. On the left is a navigation menu with options: Dashboard, Meets (highlighted), Calendar, Training, People, Messaging, Reports, Payments, and Website. The main content area is titled 'Entries' and shows a search bar for swimmers. Below the search bar, there are filters for 'All (1)', 'Committed (1)', and 'Declined (0)'. A table lists one entry: 'Canon Godwin - 11' with an 'Edit' link. On the right, a summary for 'Canon Godwin' shows 'Committed - No entries' and a green thumbs-up icon. Below this, a message states 'Committed. Change session commitment details below.' and a red button labeled 'Switch to decline'. At the bottom right, under 'Session commitments', there are two entries: 'Sat 10:00 AM (Day 1)' and 'Sun 10:00 AM (Day 2)', both with unchecked checkboxes.

EVALUATIONS!

NEW swimmers or those needing new
group assessment!

Waiting Swimmers - Practice Orientation led by Riptide Coaches

Will my swimmer go to the Olympics?

The chance of your swimmer making the Olympic team:

0.0013%

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

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)
- Employment

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

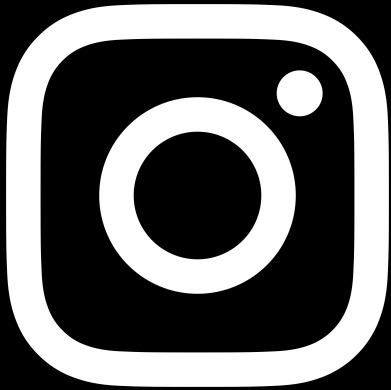


Riptides of the Month



- 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

MEDIA RELEASE + SOCIAL MEDIA



Facebook: Aquaventure Riptides

Media Release Form: Sign upon registration

**We do not release full names of swimmers or any additional identifying information.*

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.

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	5 Day
Silver		2 Day	3 Day	4 Day	5 Day

Practice groups are assigned once swimmers complete an evaluation with Riptide Coaches. Commitment levels can change throughout the season by request.



Team Communication

Download TeamReach

Code: **AQUA2425**

Contact coaches directly,
receive time sensitive updates
and more.

Head Coach

Mike:

mgodwin@aquaventurenc.com

Parent Board

aquarisingtides@gmail.com

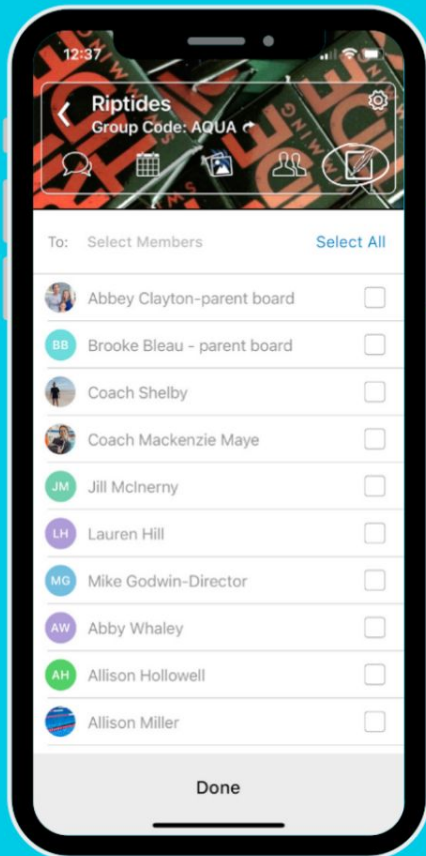
Aquaventure Front Desk

(252)-931-8081



TEAMREACH

DIRECT MESSAGE



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

POST WALL

