



Prospective Swimmer Information

2020-2021 Season





Thank you for your interest in joining our team! At Trident, we firmly believe that our sport provides a safe, challenging, rewarding and fun experience, instilling skills that ensure near-term enjoyment, and enduring 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 taking the next step! As a first point of information, we have two swim team levels. Trident Aquatics Club is our advanced competitive team, and Trident *WAVE* is our recreational team. Both programs are professionally coached, and focus on skill development, building confidence and ensuring that our sport is fun and rewarding. Our Wave Team is the usually best choice for newer swimmers, who are wanting to join a swim team for the first time. There is a separate overview pamphlet that provides many details of the Wave Team. The following information is focused on our competitive program.

Trident Aquatics Club, founded in 2013, 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 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 something to be aiming for!

Over the last 7 years, Trident's athletes have qualified at the State, Regional, National, World and even the Olympic Trials levels. Our swimmers range in age from 7 to 18, 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 an important and top-of-mind goal for coaches, swimmers and parents for our high school-aged swimmers. Trident has enjoyed high success in getting swimmers into the collegiate D1, D2 and D3 level schools, and many with scholarships.

With the opening of our own aquatic center in 2020, we now have the exciting and invaluable opportunity to work with younger swimmers, whether they graduate from Waves Swim Academy, our in-house swim school, or they transfer from another swim school, park

and recreation program, or another USA club. 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, 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 team is structured. Trident has five training groups: Novice, Bronze, Silver, Gold, Senior and Collegiate. 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 cerebral 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. 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 the 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 and August. While attendance at practice is important, and depending on group, mandatory (more on this in a minute), 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. 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 most other clubs in Oklahoma that one would simply register and get swimming, 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 once in a while. Of course, with our younger levels, especially Novice 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, to get up to speed on key, current aspects of our team.
- 3) Trident leads two swim team programs: A recreational swim team, *Trident WAVE*, and a more advanced competitive Team, *Trident Aquatics*. Prospective swimmers and their

parents are asked to review the information pertaining to both programs on our website. It will be important, early in the process to determine which program would represent the optimum entry point for each young swimmer.

- 4) Swimmer Observation 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 WAVE Rec Team
 - 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 our swim academy, along with advice on whether small group or private instruction will best serve a particular swimmer
- 5) We find it invaluable for a young person to observe a workout, 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.
- 6) Visit with current swim parents to gain their insight into our program's culture, and life as a "swim parent".

NOTE: Swimmers who are graduating from our swim academy, Waves, will register for a Swim Team Trial pass. This will provide swimmers, families and coaches time to ensure that the appropriate position on the team has been identified, while the swimmer attends several weeks of evaluation practices. This temporary membership is \$59/month.

To request a swimmer evaluation, please complete the form on the **New Swimmer page** at: **www.TridentAquatics.Club**

To arrange a visit or for questions,

Contact our Team Manager, Morgan Little: Morgan@TridentAquatics.Club

THANK YOU FOR YOUR INTEREST IN TRIDENT!



ADDITIONAL TEAM INSIGHT: We are a passionate group...passionate about our awesome sport, our dedicated athletes and the countless rewards that come with commitment and hard work. Trident was founded to support and develop a small subset of Oklahoma competitive swimmers, who aspire to reach their greatest aspirations in swimming, but who are also willing to dedicate themselves to a successful athlete's lifestyle...in and out of the water. Trident's swimmers have enjoyed great success at many of the highest levels in our sport. Through the following outline, we would like to provide you an overview of our unique training philosophy and model for success.

First, we want to explain that we are a bit different than what traditional swim clubs often look like. The most relevant underpinnings of our philosophy and training program are as follows:

1. A small, privately-owned, roster-capped team, to ensure very individualized development, a close-knit family culture, and a platform that helps develop young people beyond simply swimming fast. We are a TEAM, and expect all swimmers, parents and coaches to do their part to make our team GREAT!
2. A training methodology that extends beyond the pool (dryland strength and conditioning, mental toughness, mobility/flexibility, nutrition and college planning).
 - Pool training is critical, but best-in-class training and results demands training our athletes out of the pool as well...physically, mentally, nutritionally, etc.
 - Research in key strength training for swimmers has come a long way in the last 10 years, and we embrace continual learning and striving to remain grounded in science, not the latest fad.
3. Coaches with a proven record of success...both as technical swim coaches and mentors of young people, and an 100% investment in our athletes. We don't take our commitment to our swimmers lightly, ever, and believe in a lead-by-example approach.
4. Utilization and development of the best and latest training methods and technology. Training "the same ol' way" will result in the same results. We actively seek out the best in training, technology, psychology, injury-prevention and enthusiastically embrace continuous improvement. "What got you here...won't get you there."
5. A culture of open communication and attention to managing the expectations of athletes, coaches and parents...all in the spirit of doing what's best for our athletes.

We, coaches, commit ourselves to helping young people become their very best versions of themselves by immersing them in a culture of excellence and providing them with a plethora of resources, technology and training along the journey. In competitive swimming, swimmers will reap what they sow. Great attendance, high effort, perseverance, a learning perspective, overcoming adversity...these are engrained in our team's culture and are all required to achieve success.

Swimming in general, and swim meet host teams, we will be traveling to more out-of-state competitions than most teams. We firmly believe that in order to be the best, we need to compete against the best. Furthermore, these travel opportunities provide young athletes an expanded view of all our great sport has to offer...opportunities to meet people they'd otherwise never interact or compete with, and provide unique life experiences. These life experiences carry athletes into their college years.

Third, Trident Aquatics above all else wants ensure a happy, effort-driven and successful athlete and person. We aspire to be the very best in the pool but to also have high expectations for character outside the pool. We expect (and mentor) our older athletes to set a positive example for younger swimmers, peers and serve as ambassadors of our club and our wonderful sport. We expect amazing results out of our athletes and ourselves as coaches. We often remind each of our swimmers that their teammates will help make them far better than they would have been on their own. A commitment to one another is foundational to how we train. USA-Swimming, at the club level, is geared towards year-round training, and athletes who train on a year-round basis have a clear advantage over seasonal swimmers. This is not to say that very positive gains cannot come from seasonal swimming, but we get out what we put in. Trident does offer some seasonal training for athletes. No athlete is expected to attend every workout...coaches will design a target weekly goal for each athlete. It is our hope that swimmers will want to attend most practices, because they believe strongly in the process and what rewards lie ahead for them.

Next Steps...What if I Want to Learn More About Trident?

If you are interested in visiting a team training session, talking with a coach, visiting with current club parents, let us know! Please visit www.TridentAquatics.Club, and complete the form on the Swim Team/New Swimmer page. We often like to invite a family to observe (and in some cases, participate) in a Trident workout or two, as a "get to know" time for swimmer, coach and parent. In addition, a questionnaire is attached that we've found very helpful to swimmers, parents and coaches. Prospective swimmers are encouraged to review this questionnaire as they consider the idea of joining Trident, and a coach will let you know when it's time to complete it. A thoughtful reflection on this document will help a swimmer and their parents align their aspirations around swimming with a more complete basis and purpose. Should Trident coaches desire to take further steps with an athlete, they will formally request that this questionnaire be fully completed and submitted. During this period, we also strongly encourage families to review all content on our website.

One final note: Trident's roster is deliberately capped at a specific number of swimmers. This is a critical aspect of how we set up our athletes and coaches for individual success on a long term basis. We do maintain a list of prospective swimmers, but do not condone a "first come, first served" approach. Rather, we consider each athlete's experience, aspirations, perceived commitment, reputation, parental support and likelihood of Trident providing maximum success for each athlete.

Thank you for your interest in Trident...see you at the pool!



Our Guiding Principles

1. We pride ourselves in providing the best training available in Oklahoma, with particular emphasis on deliberate practice, technique, intrinsic and extrinsic inspiration, use of innovative technology, and individualized attention to every athlete's development, performance and personal rewards. We strive to prepare an athlete to compete!
2. We are guided by faith, passion for our sport, an authentic and positive attitude, teaching and learning life's lessons, celebrating success, embracing failure as learning opportunities and a test of our fortitude, showing respect...and genuine appreciation for our teammates, coaches, parents and the swimmers with whom we compete. Trident swimmers are there for their teammates; there may be only one person in a lane racing...but they are never alone.
3. When we inspire first our hearts and our minds, and genuinely believe in why we're doing what we're doing, amazing accomplishment is possible in the pool and in life. This must be the entry fee before any meaningful development is possible in the water. Swimming, as in life, will routinely throw obstacles into our path forward...these opportunities represent amazing learning, growth and success events!
4. We believe in perpetual improvement through open-minded learning, experimentation and thoughtful analysis. We seek to always improve our coaching skills, solicit outside expertise, athlete education, parent involvement...constantly aspiring to improve upon everything we do for and with our athletes. And, we must embrace failure as part of the growth process.
5. Too often, the time clock inadvertently determines the success, self-worth, highs and lows of an athlete's swimming life. A race's time matters. But not every race, not every meet. We choose to invest much more time, more focus on WHAT we do in our swimming, our technique, race strategy, mental toughness, etc. We have proven that when we "let go" of time being the ONLY determinant of success, and parents do the same, athletes become much more likely to embrace technique improvements, focus on CAUSE...not EFFECT, and ultimately drop the time they seek when it matters most!
6. Swimmers & their parents wholeheartedly believe that their lives are better because they're a part of Trident. Our highest priority is improving the trajectory of lives through swimming!





2020-2021 Membership Dues and Meet Entry Fees

Team dues are used to reinvest in our swimmers, equipment and facility. Swimming is not an inexpensive sport, so we work hard to ensure all dues are spent wisely and for the direct benefit of our swimmers. Below is an outline of the routine costs for a USA swimmer:

Annual Registration Dues - Paid to USA Swimming and Oklahoma Swimming.

USA Swimming Athlete Registration	\$64
Oklahoma Swimming Registration Fee	\$15

Monthly Dues, by training group...

Novice	\$55	Team dues for 2020-2021 include full membership at our training center, which includes lap swims, open swims, and our strength/conditioning center, a locker and access badge.
Bronze	\$75	
Silver	\$125	
Gold	\$175	
National	\$199	

Notes:

- 1) New swimmers will incur a one-time registration fee which includes a team welcome packet (team shirt, team cap, etc). The registration fee is \$75 for the 2019-20 season. On each swimmer's behalf, TAC will register new swimmers joining USA Swimming for the first time, along with USA-S' fee of \$77 to the Oklahoma Registrar (TAC will collect this fee during club registration). Swimmers transferring from another USA-S club will be asked to submit an athlete transfer form to the Oklahoma Registrar (with \$5 transfer fee charged by Oklahoma Swimming). All swimmers will register for the next season in the month of August for the following season, which begins each September.
- 2) Current USA Swimming Athletes will renew their registration with USA Swimming annually, usually through the club. Trident Aquatics' administration will help ensure each athlete is re-registered on an annual basis, and each family will be invoiced directly for the registration fees.
- 3) Team membership dues is paid monthly, payable on the 1st of each month, and transacted automatically through each family's Active account. Unless alternative arrangements have been agreed upon, membership dues is charged 12 months per year. Alternatively, families have the option of paying for the entire year's membership, which will also be granted a \$100 discount for the year.

Meet Entry Fees

Trident Aquatics will typically coordinate and pay the meet host for all meet entries, as a club. Entry fees will then be invoiced to each athlete, billed as charged from each meet host, shortly after the swim meet has taken place. A typical meet entry cost is ~\$25-60 for a 3 day meet.

A prospective swimmer doesn't need to worry about filling this out until requested to by a coach. We include this in this packet to help a family better understand what is important to us and our culture at Trident.



Athlete Interview, Part 1: Written Questionnaire

Athlete Name: _____

Date: __/__/20__

Below is a list of questions to help us get to know you, your aspirations and goals better. Please answer each question with your own thoughts, not what you think we want to hear! There are no right, wrong or bad answers. Take your time, and only submit it when you feel really good about your answers. Please, take your time and be thoughtful. Feel free to attach additional pages if needed.

What do you love about swimming?

Why are you interested in joining Trident Aquatics?

How would your closest friends describe you, and your personality?

Describe one of your heroes or someone you really look up to, and why....

As an athlete, how would you describe your nutrition habits?

To you, what does it mean to be a really good teammate?

What does your school education have to do with swimming? How do they relate in your life?

Describe the role your parents play in your participation on a team, and in support of your growth as an athlete.

Describe success, to you...(not what you think we want to hear...describe your version).

What are your top 3 favorite events?(When finished, circle your FAVORITE event):

1. _____ Best time (short course yards): _____
2. _____ Best time (short course yards): _____
3. _____ Best time (short course yards): _____

What are some of your goals to accomplish within 1 year? (Swimming and non-swimming!)

Describe your ultimate, long-term and realistic swimming goals.

If you've been swimming at another club, what do you like most about your current club?

What do you like least about your prior/current club?

What do you think will most help you become a better swimmer?

Describe some aspect or past event in your swimming (or otherwise) that you regret.

Describe your commitment to achieving success. What are you willing to GIVE to EARN your successes?

What questions do you have for Trident's coaches?

After reading the Trident Aquatics "Ethics and Code of Conduct", please share your thoughts about the content, and list any questions you might have about it.

Thank you for taking the time to help us learn more about you and your aspirations, in and out of the pool! Please submit this questionnaire to a Trident coach, and we'll follow up with you and your parents to discuss next steps!!

