

| | Competitive Team | Age, Advanced & Senior Prep |
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| What Is It? | <p>It is a year round (August - July) program.</p> <p>The Parkway Swim Club:</p> <ul style="list-style-type: none"> • Uses a progressive program designed to develop the child physically, mentally and emotionally in a systematic fashion over a long period of time. • Has a specific attendance requirement for each training group appropriate for the objectives of that group. The objectives of each group are tied directly into the short and long term success of our TEAM. • Emphasizes the critical component of swim meets for all groups/levels/swimmers in the Parkway Swim Club. Competition is one medium in which our swimmers and Team can see improvement while working to achieve Team Goals (ie. winning championship level meets). | <p>It is a season (Fall, Winter, Spring & Summer) Program.</p> <p>The Parkway Prep programs are:</p> <ul style="list-style-type: none"> • Technique based workout cycles focused on the 4 competitive strokes and turns completed within each 6 week session. • Flexible with practice participation, swimmers can sign up per session and attend as little or as many practices they choose. • Non-competitive, with the exception of any racing done in practice situations. |
| Who Joins? | <p>The fully committed swimmer.</p> <p>Swimmers should be legal in the 4 competitive strokes to qualify.</p> <p>For those swimmers:</p> <ul style="list-style-type: none"> • Determined to invest their efforts in all aspects of the program (physically, emotionally, mentally, and time commitments). • With the least possible interruption in the training schedule, this will produce the greatest amount of personal success and motivation to achieve set goals. | <p>The casually committed swimmer.</p> <p>Swimmers should be legal in the 4 competitive strokes to qualify.</p> <p>For those swimmers:</p> <ul style="list-style-type: none"> • Looking to grow, learn and have fun in the sport of swimming. • Possibly preparing for a more successful summer league and/or High School swim season. |
| How is Group Placement Determined? | <p>Group placement is determined by a swimmer's age, ability level, commitment level and personal goals.</p> <ul style="list-style-type: none"> • Group placement is at the discretion of the Parkway Swim Club professional coaching staff; group placement is determined following a TEAM tryout. • Swimmers are not placed into groups based on convenience factors (ie. location, practice times, siblings, etc) as this disturbs the integrity of group goals and training levels. | <p>All prospective members must complete a team tryout to allow for appropriate group placement.</p> <ul style="list-style-type: none"> • Team tryouts allow our professional coaching staff to determine a swimmer's readiness. <p>Group Placement age determination:</p> <p>Age Group Prep 8-10 year olds Advanced Prep 10-12 year olds Senior Prep 13-18 year olds</p> |
| Which to Choose? | <p>Parkway Swim Club because:</p> <ul style="list-style-type: none"> • It has a well defined, long term approach of gradually increasing levels of commitment, which has been proven to be essential to long-term development in the sport of swimming. • It's FUN! Our swimmers and families experience the same camaraderie, team spirit, sportsmanship, bonding and learning as Summer League, except they get to do it all year! | <p>Parkway Prep programs because:</p> <ul style="list-style-type: none"> • Swimmer/family is not interested in competing. • There is an interest to swim, but have other academic and / or athletic commitments. • It is a way to strength strokes and endurance if not quite qualified for competitive team. |