



NORTH BAY AQUATICS

Group Descriptions National Group

Coaches Lead: Max Byers	Practice Schedule: The National Group practice schedule varies throughout the year. The group swims at least 8 times each week and does morning dryland 3 times each week
Minimum Requirements: <ul style="list-style-type: none">• Qualify for Future's meet• Athletes are between 10th-12th grade (15-18 years old)• Display the ability to be coached, hold yourself accountable for your results, embrace the North Bay process, and communicate with your coaches• Single Sport Athlete• Turn in "quarterly" goal sheets and schedule a meeting with the head coach to go over your goals	
Purpose: <ul style="list-style-type: none">• The National group provides swimmers the necessary tools to succeed at the National level via the North Bay process• Prepare athletes to take on the demands of a college swim program upon their arrival• Swimmers target Olympic Trial, National, U.S. Open, and Junior National qualifying times• Swimmers are expected to attend Spring Sectionals, Futures, Super League Champs (Winter and Summer), and Junior Nationals (Winter, Summer optional if qualified)	
Practice Attendance: 90% with all absences approved by the lead Coach in advance Meet Attendance: 100% unless approved by the Head Coach in advance Fees: \$6,430/annually (\$600/month for 9 months and \$515 for 2 months) Gear: kick board, short fins, paddles, snorkel, and parachute	



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Group Descriptions Senior Group

Coaches Lead: Max Byers Assistant: Don Swartz Assistant: Katie McLaughlin	Practice Schedule: The Senior Group practice schedule varies throughout the year. The group swims at least 6 times each week with morning drylands 3 times each week
Minimum Requirements: <ul style="list-style-type: none">• Swimmers are high school aged (14-18 years old, 9th-12th grade)• Multiple Senior 2 qualifying times with goal of qualifying for Senior Zones within 12 months of moving into the Senior Group• Mostly single-sport athletes• Display the ability to be coached, hold yourself accountable for your results, embrace the North Bay process, and communicate with your coaches	
Purpose: <ul style="list-style-type: none">• Further develop attributes that support the North Bay process, including coach ability, being an effective communicator, and holding yourself accountable for your results• Swimmers target Olympic Trial, National, U.S. Open, Junior National, and Future qualifying times• Swimmers attend Super League Champs (Summer & Winter), Zones, Sectionals, and Futures if qualified	
Practice Attendance: 85% with all absences approved by the lead Coach in advance Meet Attendance: 100% unless approved by the Head Coach in advance Fees: \$5665/annually (\$515/month for 11 months) Gear: kick board, short fins, paddles, snorkel	



NORTH BAY AQUATICS

Group Descriptions

Pre-Senior Group

Coaches Lead: Devon Demont Assistant: Max Byers Assistant: Mike Magruder	Practice Schedule: The Pre Senior Group practice schedule varies throughout the year. The group swims 5-6 times each week with dryland 3 times each week
Minimum Requirements: <ul style="list-style-type: none">• Swimmers in the Pre-Senior group are between 6th-10th grade (11-15 years old)• Display an interest in competitive swimming by attending practice with intent of reaching goals at meets• Preferably a single-sport athlete• Attend a "try-out" to see if your swimmer is ready for the Pre-Senior Group• Final group decisions are at the discretion of the Lead and Head Coach	
Purpose: <ul style="list-style-type: none">• Develop communication and accountability skills necessary to succeed at the next level of swimming• Progress from simple dryland movements to handling those movements under heavier loads• Swimmers target Senior 2, Junior Olympic, Far Western, Age Group Zone, Senior Zone, and Sectional qualifying times• Swimmers attend Junior Olympics (Spring, Summer, and Winter), Far Western (Spring and Summer), C/B/A, and Senior Open meets	
Practice Attendance: 70% with all absences approved by the Lead Coach in advance	
Meet Attendance: 100% unless approved by the Lead Coach in advance.	
Fees: \$3795/annually (\$345/month for 11 months)	
Gear: kick board, fins, finis agility paddles, snorkel	



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Group Descriptions

Varsity Group

Coaches Lead: Mike Magruder & Max Byers	Practice Schedule: The Varsity Group practice schedule varies throughout the year. The group swims 3-4 times each week
Minimum Requirements: <ul style="list-style-type: none">• 8th-12th grade athletes (13-18 years old)• Interested in staying active through swimming• Register with USA Swimming• Previous swim team experience recommended	
Purpose: <ul style="list-style-type: none">• The Varsity Group is for athletes whose swimming is not their main focus - it is perfect for seasonal swimmers, multi sport athletes, or athletes not ready to move into the North Bay Senior Group• Broaden the Marin Swim Community• This is a seasonal group that operates 8-9 months of the year - all swimmers in the group are encouraged to participate with their high school team during the high school swim season	
<ul style="list-style-type: none">• Practice Attendance: It is recommended swimmers set a regular practice schedule to receive the most benefits from the group• Meet Attendance: Swimmers are encouraged to attend meets• Fees: \$225/month• Gear: kick board and fins recommended	



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Group Descriptions

Age Group

Coaches Lead: Mike McDonald Assistant:	Practice Schedule: <ul style="list-style-type: none">• Group 1: 3:30-4:15 Mon-Fri. (Meets optional)• Group 2: 4:15-5:15 Mon.-Fri. (Meets optional)• Group 3: 5:15-6:45 Mon.-Fri. (Meets mandatory)
Minimum Requirements: <ul style="list-style-type: none">• Swimmers attend a "try-out" in order to be placed into the correct group within North Bay's age group program• Swimmers are typically age between 7-13 years old• Qualities taken into account when placing swimmers into one of the 3 groups include but are not limited to maturity level, skill level, and age of the swimmer	
Purpose: <ul style="list-style-type: none">• 3 main sessions (Fall, Winter, Spring) and a mini session (Summer) that lasts from the end of the Spring session until the end of July. The beginning of the season is after Labor Day, however, swimmers are welcome to join at any time of the year• Have fun learning the process of being a competitive swimmer• Develop a general swim vocabulary to go with basic technique for competitive swimming	
Practice Attendance: There is no attendance for Age Group, however we recommend coming at least 3 times a week	
Meet Attendance: Swimmers are encouraged to attend meets	
Fees: \$225/month	
Gear: kick board and fins	



NORTH BAY AQUATICS

Group Descriptions Junior Group

Coaches Lead: Mike McDonald Assistant	Practice Schedule: <ul style="list-style-type: none">• Beginner: Mon/Wed or Tue/Thur 3:30-4:00• Intermediate: Mon/Wed or Tue/Thur 4:00-4:30• Advanced: Mon/Wed or Tue/Thur 4:30-5:00
Minimum Requirements: <ul style="list-style-type: none">• Attend a "try-out" so our coaching staff can place you into the best fitting group within the Junior Team• Qualities taken into account when placing swimmers into one of the 3 groups maturity level, skill level, and age of the swimmer. Most swimmers on the junior team fall in the age range between 5-9 years old	
Purpose: <ul style="list-style-type: none">• 3 main sessions (Fall, Winter, Spring) with the season starting after Labor Day, however, swimmers are welcome to join at any time of the year• Junior Team practices in the "South Pool" at TPC which is heated to about 86 degrees and 20 yards long• This group's primary goal is to get kids enjoying the water while learning the basics of stroke work and swim concepts	
Practice Attendance: No attendance requirement Meet Attendance: Swimmers are encouraged though not required to attend meets Fees: Gear: kick board and fins	