



TNT Tulare Information Sheet

The mission of TNT Swimming is to provide opportunities for the individual athlete so they may achieve at the highest level of their desired attainment.

The Tule Nation Tritons is a non-profit organization that exists within the Central California Swimming (CCS) Local Swim Committee which is comprised of approximately 20 swim teams throughout the Central California area and member of the USA Swimming Organization.

Previously known as the Tulare Swim Club, our club elected to merge in 1992 with Kings Swim Club from nearby towns of Hanford and Lemoore and adopted the new name **Tule Nation Tritons (TNT)** that would be representative of a broader geographical region. TNT programs are represented in many central valley locations including Bakersfield, Clovis, Coalinga, Corcoran, Dinuba, Exeter, Fig Garden, Hanford, Kingsburg, Lemoore, Lindsay, Porterville, Selma, and Sierra. Swimmers come together from each of these locations to compete together as one unified TNT team under the TNT banner.

The TNT team is proud to have contributed to the development swimmers who have competed at the World University Games USA Team, multiple Olympic Trial Athletes, National Age Group record holders and Division I, II NCAA Champions, High School CIF champions and numerous nationally ranked age group swimmers.



Come Join Us!

**Practices held at Tulare Western High School
824 W. Maple Street Tulare**

New Swimmer Evaluations are on Mondays by appointment. Contact Joclyn Thiessen Head Coach at jocthiessen4@gmail.com or (559) 936-7468 for more information.

Pool entrance is located on the north side of the campus, please come in your swimsuit, goggles, and towel and be ready to jump into the TNT program.

The minimum requirement to join our first-level beginner group you must be water safe and independent and swim across the pool.

How to Join the TNT Tulare SWIM CLUB

1. Schedule and complete the **Swim Evaluation** for potential group placement. Evaluations are on Mondays by appointment. Contact Joclyn Thiessen Head Coach at (559) 936-7468 or by email at jocthiessen4@gmail.com.
2. Complete the provided **New Member Registration Form** your first week. Include your Swimmers names and contact information and group assignment.
3. Complete the required **USA Swimming Membership Registration** by the first day after the free trial week (see attachment). There is a fee for registration and must be renewed each year. Becoming a member of the USA swimming organization, helps pay for liability insurance and allows you to participate in swim meets.
<https://omr.usaswimming.org/omr/welcome/CB0BF9BA803844>
4. Complete **Team Registration Packet**:
 - a. Code of Conduct contact with Coach Agreement
 - b. Terms and Conditions for Participation Agreement
 - c. USA Swimming Liability Release Document
 - d. Medical/Emergency Contact information for Team Travel
 - e. Individual Media Release document
5. For Swim Meet Entry: **Join the TNT Active Account**: <https://www.active.com/tulare-ca/water-sports/swimming-registrations/tule-nation-tritons-2014>

Tulare TNT Dues and Fees*

Group	Coach	1 st Swimmer	2 nd Swimmer
Pre-Competitive Group	Jack Jackson	\$60	\$30
Swimmer Group	Kris Shamp	\$80	\$30
Advanced Swimmer	Ross Cochran	\$100	\$30
Pre-Senior / Senior	Joclyn Thiessen	\$120	\$30

Monthly fees are due on the 1st of each month and will not be prorated. Make checks payable to: TNT Swimming- PO Box 2064 Tulare, CA 93275 Or **Payment to Venmo @TNT-TRITONS**

* Dues and USAS fees can be subject to change based on need and will be communicated in advance.

Free Week Trial!!!!

USA Swim Registration & Monthly fees due after the first week.



TEAM STRUCTURE

Swimmers are placed in a “teaching” group based on their individual development need and ability. Movement and participation between groups is subject to the coaching staff discretion.

Pre-Competitive Group

This group practices Monday thru Friday from 6:30 to 7:30*

Group Swimmer who have no competitive swimming experience are recommended to begin in the Pre-Competitive group. This group is focused strictly on learning to perform all four competitive strokes legally, as well as the turns associated with all four strokes and transitions between strokes for the individual medley event. Additionally, swimmers in the Pre-Competitive group will learn the forward start, the back start and relay exchanges. Swimmers graduate from the Pre-Competitive group once their coach has certified that the swimmer can successfully (legally) swim the following events: 50 fly, 50 back, 50 breast, 50 free and 100 IM. The Head Age Group Coach must sign off the USA Swimming Start progression prior to the swimmer leaving the Pre-Competitive group. Upon the swimmer’s request, a registered Tulare coach can observe and certify the successful completion of all five events during once session prior to or after a scheduled practice. Once successful, the Pre-competitive swimmers may move to the swimmer group.

SWIMMER Group

This group practices Monday thru Friday from 6:30 to 7:30*

Swimmers who have participated in a competitive swim program (club, summer league, or high school) may begin in the swimmer group. This group trains 5 days a week for one hour each day and is coached by a certified USA Swimming coach. It is expected that swimmers in the swimmer group already knows all four strokes, all turns, and all starts legally. Athletes begin interval training whole in the swimmer group. Yardage typically ranges from 1000 to 2000 yards per practice. Swimmers begin to learn more technical aspects of stroke mechanics in all four strokes. Practices are focused 50% on stroke mechanics and 50% on training. While in the swimmer group, swimmers will be introduced to basic training equipment including a kickboard, pull buoy and cut fins. Although not mandatory, swimmers in the swimmer group are encouraged to enter at least one local swim meet per training cycle. The swimmer group is ideal for those young athletes who intend to increase their training time for the sole purpose of improvement during the summer league, or high school, season. Swimmers in this group are welcomed to extend their training on a daily basis by swimming an additional 30 minutes with the Advanced Swimmer Group simply by request.

Once the Swimmer Group time is reached, swimmers may begin training in the Advanced Swimmer Group for the duration of practice.

ADVANCE SWIMMER Group

This group practices Monday thru Friday from 6:30 to 8:00*

The Advanced Swimmer Group practices one hour and thirty minutes a day, five days a week. This group is intended only for those swimmers who have experience in competitive swimming. The focus of the Advanced Swimmer Group is clearly on competition at the club level, and the purpose of this group is primarily to provide a foundation for swimmers to be successful in a senior program. Long term goals of swimmers in the Advanced Swimmer Group should include National Rankings, Sectionals, Junior Nationals, US Open and Olympic Trials. Because an elevated focus, the expectation of swimmers in this group is to begin developing the work ethic and practice habits that lend themselves to becoming a successful future senior swimmer. Prerequisites for the Advanced Swimmer Group include achieving the Advanced Swimmer Group time standards, and approval from coaches. Due to the increased level of training expected in the Advances Swimmer Group, swimmers must be a minimum of 10 years of age. To help in the transition for younger swimmers, 8-under swimmer, and those who have not yet qualified by time, may train with the Advanced Swimmer Group in its entirety on Fridays. Swimmers in the Swimmer Group may train in the Advanced Swimmer Group for 30 minutes beyond their scheduled practice. Swimmers in the Competitive group typically train between 3000 to 4000 yards per practice. Practices are scheduled five days a week for one and half hours each. Dry-land training and gaming related to strength, flexibility and coordination development, as well as a focus on proper stroke mechanics, are incorporated into the training. Swimmers in this group will take two weeks off in the summer and two weeks off in the winter. These swimmers ae expected to participate in the highest level of meet for which they qualify. Patterns that suggest otherwise may prohibit movement to the Pre-Senior Group. Swimmers may train an additional 30 minutes with the Pre-Senior/Senior group if any Southern California Swimming Age Group Invitational Time Standard had been achieved anytime in the past, or if the swimmer is at least 13 years of age. The time must have been recorded in the USA Swimming National data base (SWIMS).

PRE SENIOR / SENIOR GROUP

This group practices Monday thru Friday from 6:30 to 8:30**

The Pre-Senior/Senior Group has multiple requirements, including time standards, attendance requirements, along with a minimum age of 13. Once a swimmer has notified the Head Coach, and has met the talked about requirements, the swimmer, along with their parents will have a meeting with the Head Coach where further expectations will be discussed.

***** The Tulare Western Pool is a shared resource and supports high school and community swim programs. Practice start times may be subject to change based on pool availability. All adjustments will be communicated in advance.***