

At Otters, our mission is to create a fun, inclusive, and supportive environment where swimmers of all ages can thrive as part of a team. We are dedicated to instilling the fundamentals of swimming, and developing swimmers to the highest competitive level, empowering them to achieve their personal goals. Through a foundation of integrity, respect, and passion, we strive to inspire a lifelong love for the sport and instill values that transcend the pool, shaping confident well-rounded individuals who contribute positively to their communities.

The Otters Swim Club is a member of USA Swimming!

Minimum requirements to swim with Otters

8 and Under:

- 25 yards of Freestyle with rotary breathing, no dog paddle
- 25 Backstroke, finishing at the wall on their backs
- Sitting, kneeling, or compact dive from the side of the pool

Practice requirements and coach expectations:

- Swimmers should attend a minimum of 2 days/maximum of 3 days of 60-minute practice per week, with 6 days available for swim practice.
- Expect to become proficient in all swimming strokes and fundamental racing skills.
- Expect to attend one swim meet a month with the approval of the coach

9-10 Age Group:

- 50 yards Freestyle with flip turns
- 50 Backstroke
- 25 legal Breaststroke or Butterfly
- Dive from the block or the side of the pool

Practice requirements and coach expectations:

- Swimmers should attend a minimum of 2 days/maximum of 3 days of 60-minute practice per week, with 6 days available for swim practice.
- Must have and bring the required swimming [Practice Gear](#) to each practice
- Expect to become proficient in all swimming strokes and fundamental racing skills.
- Expect to attend one swim meet a month

11-12 Age Group:

- 100 yards Freestyle with flip turns
- A legal 100 IM
- 50 Backstroke with flip turns
- 25 legal Breaststroke or Butterfly
- Complete a legal start from the block

Practice requirements and coach expectations:

- Swimmers should attend a minimum of 3 days/maximum of 4 days of 90-minute practice per week, with 6 days available for swim practice.
- Expect to become proficient in all swimming strokes and fundamental racing skills.
- Will be expected to attend 80 percent of swim meets
- Must have and bring the required swimming [Practice Gear](#) to each practice

13 and Over Age Group:

- 100 yards Freestyle with flip turns
- A legal 100 IM
- 50 Backstroke with flip turns
- 50 legal Breaststroke or Butterfly
- Complete a legal start from the block

Practice requirements and coach expectations:

- Swimmers must attend practices on M/T/W/TH from 6:00pm-7:30pm /maximum of 6 days of 90-minute practice per week, with 6 days available for swim practice.
- The ability to handle challenging aerobic workouts.
- Will be expected to attend 80 percent of swim meets
- Dedicated to making at least two [Bronze-level Time Standards](#)
- Must have and bring the required swimming [Practice Gear](#) to each practice

Attendance and active participation is mandatory for all age groups. We encourage participation in other activities but ask for a commitment to the practice requirements for each age group.