

Join the Cougar Swim Team!

The Cougar Swim Team is gearing up for an exciting 2017-2018 season!

Basic Information about the Cougar Swim Team:

- Swim Team is a co-ed school sport for grades 5 through 12. We have a middle school team and a high school team.
- NO previous swim team or racing experience is necessary! You need to know how to swim the basic strokes to some degree, but do not have to have racing experience.
- The swim season begins in September and ends in February. It consists of 2-3 practices per week, and 4-6 swim meets against other schools.

Why join the swim team?

- It's fun! School swimming has a lot to offer as an exciting, high-energy environment.
- It's a great sport for those who want something other than a ball sport. It is also GREAT cross-training for other sports.
- It is a nice addition to a college transcript!
- It is an incredibly valuable experience that will leave you with unforgettable memories.

How will the swimmers be trained?

- Swimmers DO NOT have to practice with the team to participate. If you are already training with a year-round team, then you may continue in that program.
- Most of the team will train at the Nashville Aquatic Club. <http://swimnac.com/>
- Training under the NAC coaches is an amazing opportunity for you to learn the basics of swimming and competing. NAC is a year-round competitive swim program that has been operating in the Middle Tennessee area since 1975.
- Goodpasture swimmers will be trained in NAC's "SwimFit" program <http://swimnac.com/swimfit/> This is a technique-based swimming fitness program. An NAC coach will instruct Goodpasture swimmers on all four competitive strokes, racing skills such as dives, turns, and streamlines. Everyone will leave feeling like they got a good workout and are part of a swim team!
- Coaches from NAC are top notch. Several of NAC's coaches were Olympic Trials Qualifiers.

Where/when are would practices be?

- Unless you train elsewhere, the team will practice at the Centennial Sportsplex located on 25th Avenue in Nashville. Practices are offered in the afternoon, 2-3 times a week 1 hour each. Goodpasture would not provide transportation.

Do you need to give up other sports if they swim with the Goodpasture Swim Team?

- No! Many of our swimmers are very involved in other activities and have found a nice balance which allows them to continue swimming while competing and staying involved in other activities.

How much does it cost:

- The cost per athlete varies depending on whether you swim at NAC or in a different program. At NAC, the cost would typically be \$880, but NAC has prorated the session, since the school season is about half way into the session, and discounted the total 15%. That totals to \$585/athlete. If cost is a deterrent factor for you, we will find you an alternative training program. There are other fees such as swim meet entry fees and swim suits and caps.