

Flying Fish Swim Team Practice Groups

Thunderfish

This group is for experienced high school age swimmers who meet certain time standards. Thunderfish commit to swimming year-round, attending practices at least eight times per week, and competing at a high level. Attending swim meets is required.

Lightningfish

This group is for experienced high school swimmers who qualify by either meeting certain time standards or completing a minimal test set. Five practices a week are required with seven preferred. Attending swim meets is preferred.

Platinumfish

Platinumfish is appropriate for high school age swimmers who participate in other activities and can't commit to swimming year-round or do not meet requirements for Lightning/Thunderfish. Platinumfish attend practices at least three times per week and compete in meets when possible.

Diamondfish

For committed swimmers ages 12-14 who meet time standards for certain championship meets or have demonstrated proficiency in other ways, such as the swim marathon. Diamondfish are expected to swim year-round, attend practices at least five times per week, and compete in meets regularly.

Goldfish

For swimmers ages 12-14 who meet certain qualifications. Goldfish are expected to attend practices at least four times per week and compete in meets regularly. Swimming year-round is preferred.

Silverfish

For swimmers ages 12-14 who have fewer years of swimming experience or are involved in other activities. Silverfish are expected to attend practice two to three times per week. Participation in meets is encouraged but not overly emphasized.

Ironfish

Ironfish includes swimmers age 11, and some turning 12. This is for experienced swimmers and/or those with higher levels of proficiency in all strokes, starts, and turns. They are expected to attend practices three to four times per week. Ironfish is part of our competitive track and swim meet participation is required. Swimming year-round is preferred.

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Bluefish

Bluefish is composed of 9-10 year-olds with swimming experience who want to commit to attending practices three to four times per week and participate in meets. Bluefish who wish to progress quickly should consider swimming year-round.

Redfish

Redfish includes swimmers ages 10-13. Experience levels in this group vary. Redfish attend practices two to four times per week, depending on their commitment level. Participation in meets is encouraged but not overly emphasized.

Copperfish

This group includes swimmers ages 9-12 who have fewer years of experience or may not be proficient in all strokes, starts, and turns. Copperfish are expected to practice two to three times per week. Copperfish may attend some meets, but competition is not the primary focus.

Bronzefish

Bronzefish is for swimmers ages 9-12 who are newer to swimming/entry level. Bronzefish attend practice once a week. This group does not focus heavily on competition, although Bronzefish may attend some local meets.

Whitefish

This group is for swimmers age 9 and under who have more experience and can commit to attending practice two to three times per week. There is more emphasis on meets with Whitefish, although some Whitefish do not attend many meets. Whitefish who wish to progress quickly should consider swimming year-round.

Yellowfish

For swimmers age 9 and under who are newer to swimming and can attend practice twice a week. Yellowfish do not focus on meets, although there are a few local meet opportunities for Yellowfish.

Greenfish

Greenfish includes swimmers age 9 and younger who have participated in our swim school and are ready to take the next step and become part of the swim team. Greenfish attend practice once a week. If they are interested, they participate in season ending intra-squads held at the YWCA.