

OFF-SEASON TRAINING

Getting yourself physically prepared for the high school season starts months before the season begins. Nutrition and appropriate sleep play important roles in overall physical health but nothing builds your endurance and stroking skills better than joining a swim club. Club swimming is the best way to improve your technique, swim faster and get you ready to join the high school team. Whether you're already on the team (but just in the off-season), or want to join the team, getting in the water and competing with a swim club gets you on the right track for success during the high school season.

Finding the right swim club to join means finding the best fit for you and your family. This includes location (how far away are practices), practice times, price, and coaching styles (basically, the relationship the swimmer builds with the coach). Most clubs offer a free 1-2 week trial or have "open nights" when new swimmers are welcome to attend, meet the coach and swim with other members of the club. Once you find a club that works for you, you'll be on your way to more efficient strokes, faster times and blue ribbons!!

A complete listings of clubs, links to their websites, and their contacts can be found on the [Minnesota Swimming, Inc. website](#). A second tier of competitive swimming that may be a more cost-effective option for some can be found at your local YMCA. Either way, the point is to continue swimming. Spending time in the pool is the only way to improve on the skills you have, develop new skills and really enjoy the sport. Join a club, join the team!

SWIM CLUBS IN AND NEAR THE MOUNDSVIEW DISTRICT

Use the links below to learn more about joining the clubs, practice times, and their coaching philosophy.

[North Suburban Aquatic Club \(NSAC\)](#)

[FASTjets Swim Club \(FAST\)](#)

[Great Wolf Swim Team \(WOLF\)](#)

[Star Swim Team \(STAR\)](#)

[Omni Swim Club \(OMNI\)](#)

[New Hope-Crystal-Plymouth Swim Club \(NHCP\)](#)

Check the Minnesota Swimming website for more listings!

PROSPECTIVE SWIMMERS/DIVERS

Interested in joining the Mounds View High School Swim & Dive Team? Be sure to let us know by sending us an e-mail using the attached [link](#).