

Aquatics Programming at the Stanford Campus Recreation Association

The SCRA aquatics program provides the best possible environment for swimmers to achieve success. At SCRA, the swimmers, coaching staff and parents work together to create an environment that promotes competitive swimming excellence at every level and for swimmers of all ages. The team comes first and working together brings out the best in everyone associated with the program. An emphasis on team allows for SCRA to reach its competitive potential, and for every individual to do his/her personal best.

Coaches Philosophy

The coaching staff are professionals who are passionate about swimming. The staff and team provide individuals and families with the resources needed to achieve their goals, and to reach the highest levels in competitive swimming.

The coaches at SCRA believe that a technique and training program that is progressive in nature provides for the most appropriate development and allows for long-term success in swimming. The team offers an innovative program for swimmers of all ages and ability levels. Younger swimmers are offered comprehensive and unparalleled instruction. The emphasis at the early stages of development is on learning and mastering the necessary skills. As swimmers develop, training workload increases gradually. As swimmers progress into the Junior, Senior and National level programs, swimmer specific practices are designed and offered to maximize individual and team potential.

SCRA provides the best possible environment for swimmers to achieve success at every level.

SCRA Summer Rec. Team

The SCRA Summer Rec. Team is an annual highlight for SCRA member families and we are looking forward to another great year! For families who have never been a part of team before, the summer program offers a fun, active social opportunity for swimmers of all ages and ability levels. Swimmers participate in level-based practice groups, attend team activities, and join the team for recreational swim meets. This is a great way to meet SCRA families and we encourage all members to participate!

Group Levels:

- Polar Bears
- Penguins
- Otters
- Seals
- Dolphins
- Killer Whales



Year-Round Competitive

The SCRA year round team is a comprehensive, established, high-level program for swimmers and families who are committed to competitive swimming.

Group Levels:

- Age Group 1 - Swimmers ages 9 & under
- Age Group 2 - Swimmers ages 10 & under
- Age Group 3 - Swimmers ages 11 & 12
- Junior Group - Swimmers ages 11 - 14
- Varsity Group - Swimmers ages 13 & over
- Senior Group - Swimmers ages 13 & over
- National - Swimmers ages 14 & over



Discovery Team Competitive Prep

The SCRA Discovery Team gives swimmers a solid foundation with the technique and skills to pursue their swimming interests - for competition or fitness and with a life-long love of the water. Groups focus on age and level appropriate stroke technique to develop the four competitive strokes, proper starts and turns. As they progress, swimmers gain competitive meet experience in an introductory environment.

Contact:

Laura Mitchell - lauramitchell@stanford.edu

Group Levels:

- Discovery AA - "Water happy" swimmers ages 3 & over
- Discovery A - Swimmers ages 4 & over
- Discovery B - Swimmers ages 5 - 8
- Discovery C - Swimmers ages 5 - 8



Red & Gold Groups Fitness & Skill Development

The Red & Gold Groups are designed to meet the needs of swimmers at every age and ability. The younger groups will be focused on skill development, and as swimmers get older, the emphasis will be on training and fitness. The Red, Gold and Varsity Groups are competition-optional. Swimmers who wish to compete will have a minimum of one meet available each month.

Contact:

Laura Mitchell - lauramitchell@stanford.edu

Group Levels:

Red Group - Swimmers ages 8 - 10

Gold Group - Swimmers ages 11 - 13



SCRA Swim School (Lesson Program)

The Stanford Campus Swim School offers instruction aimed at teaching proper technique to beginner, intermediate, and advanced swimmers. Instructors tailor each session to fit the needs of their student(s). Swimmers and parents can expect to see measurable success across each session.

Instructors balance stroke feedback with a fun, inviting environment that is sure to instill a deep and life-long love of the water. The Stanford Campus Swim School strives to help swimmers reach their potential while they learn to truly enjoy the experience of swimming.

Private lessons - all ages & skill levels

Water Babies – (6 months - 2 1/2 years)

Starfish (Level 1)

Fish (Level 2)

Eel (Level 3)

Dolphin (Level 4)

Stingray (Level 5)

