



USA Swimming 2026 Long Course Season

Our season will start mid-April and will run to approximately the end of July, 2026 depending on the group you are in or the final meet you attend.

Our Mission at CCST is to support all swimmers in their pursuit of excellence by providing an athlete centered, competitive swim team in a safe and supportive environment.

We offer training groups for the beginning swimmer to the most competitive and skilled swimmer. When a young person becomes a member of CCST, they learn so much from goal setting, working hard, sportsmanship, teamwork and so much more. Swimming with CCST provides physical, emotional and intellectual skills that will last a lifetime.

Team Email - ccswimmers@gmail.com

Head Coach - Mike Holtzapfel

Assistant Coach - Dennise Holtzapfel

Team President - Kristin Rickel

Team website: ccsteagles.com

Group Descriptions and Expectations

Eagles

Entrance Requirements: 50 yard Freestyle and 50 yard Backstroke unassisted since meets are held in a 50 meter long course pool.

Equipment Needs: mesh bag to hold your equipment, fins (we have some available to use), water bottle, team cap if needed,

Eagles Expectations & Goals

Eagles will learn proper technique in the four competitive strokes - freestyle, backstroke, breaststroke, and butterfly, as well as starts (racing dives) and turns, and learning the basics of navigating a swim meet. Eagles are expected to come to practice ready to swim and will work on good listening skills and should have a positive attitude including listening to their coach, being respectful to their coach and their teammates, and working hard to improve their skills.

Black 1

This group is for swimmers who have the basic skills of the four competitive strokes, starts, and turns and are beginning to take competitive swimming more seriously as a sport. Swimmers in this group are strongly encouraged to compete regularly. Practices still emphasize technique, while adding sets to increase speed and endurance, and this is the beginning of learning race strategies.

Entrance Requirements: Must have legal times from USA/school meets, move-ups will be based on times, commitment, work ethics, and coach recommendation. Must be able to complete all strokes with proper turns and a legal individual medley.

Equipment Needs: mesh bag to hold your equipment, fins, paddles (Finis agility or Strokemaker), water bottle, team cap if needed

Black 1 Expectations & Goals

Black 1 will work on the following events - 50 and 100 Freestyle, 50 and 100 Backstroke, 50 Breaststroke, 50 Butterfly, and 100 IM. More advanced swimmers may add the 100 Breaststroke and 200 IM. Swimmers should begin to track their times at swim meets and set goals for improvement. Swimmers should compete regularly.

Black 2

From the Black 1 group, athletes move into this group. Athletes in this group focus on becoming stronger swimmers and should be competing as part of our team regularly. Black 2 will begin to do training sets and will practice and be held accountable using intervals. This group will also start to learn race strategies and pace and will continue to develop more advanced technical skills.

Entrance Requirements: - Moving to this group is based on times, commitment, work ethics, and coach recommendation.

Equipment Needs: mesh bag to hold your equipment, fins, paddles (Finis agility or Strokemaker), water bottle, team cap if needed

Black 2 Expectations & Goals

Black 2s will work on the following events - 50, 100, 200, and 500 Freestyle, 50 and 100 Backstroke, Breaststroke, and Butterfly, 100 and 200 IM. Black 2 should know their best times, set personal goals, and work hard to improve their technical skills as well as speed and endurance. Swimmers should practice and compete regularly.

Gold

Entrance Requirements: - Swimmers will be selected based on meet performance, commitment, work ethics, and coach recommendation, and must be able to commit to 70% practice attendance.

Equipment Needs: mesh bag to hold your equipment, fins, paddles (Finis agility or Strokemaker), water bottle, team cap if needed

Gold Expectations & Goals

Gold swimmers are taking swimming seriously as a competitive sport and prioritize swimming to enable them to have a high attendance rate at both practice and swim meets. Gold should take responsibility for their swimming by knowing their best time, setting personal goals, and working hard to achieve them. Swimmers at this level will also swim longer events (500 Freestyle and longer) and will consistently work hard to improve their races. Golds are leaders at the pool and should have a positive attitude in practice and encourage other swimmers to be their best.

**CCST 2026 Long Course Season
(Mid-April till your last eligible meet.)**

Roster Group	Season Fee
Eagles	\$50.00
Black/Gold	\$50.00

USA Membership 2026 **Required by all CCST swimmers

Must register directly with USA Swimming

4 types of membership

Premium - \$82. This membership has no restrictions. Good until Dec. 31, 2026.

Flex - \$30. 12 & under only. Max 2 meets per membership year. Not eligible for championship meets.

Seasonal (150 days) - \$47. Eligible for meets below zone level.

Link for new swimmers will be available after registration is completed. Returning swimmers will renew in December.

Meet Fees and Surcharges

Season fees do not include meet event fees, surcharges, and any extra charges not specifically detailed in this packet. Information pertaining to fees for each meet is detailed on the Events page under that specific meet. Meet fees will automatically be charged to credit card on file once meet entries are accepted.

Team Fees:

One Time Payment -Can be by check by May 1st, or credit card will be charged on Monday, May 4th.

You are required to have an active credit card on account in order to register.

By registering your swimmer(s), you are committing to the Long Course season and agreeing to the billing policies.