Tiger Aquatics

TAQ is a year-round competitive swim team with two training sites in the Baton Rouge area: the LSU Natatorium in Baton Rouge and the PARDS Aquatic Center in Denham Springs. We offer training groups for all levels of swimmers; whether new to year-round swimming or competing at the State and Regional levels. Swimmers are given the opportunity to attend swim meets throughout the season, from fun intersquad meets at our LSU pool to Sectional Meets for our top level swimmers. Also, we host several meets throughout the year, including Age Group & Senior State Meets.

The first step to becoming a Tiger Aquatics swimmer is to schedule a Placement Evaluation:

PLACEMENT EVALUATIONS:

Please contact the following TAQ coaches to schedule an evaluation:
PARDS site: Coach Margot, margot@swimtaq.net

During evaluations, the coaches will place swimmers in appropriate groups. Information regarding practice times, monthly membership fees, attendance requirements, equipment, and registration are listed below..

PRACTICE DAYS and TIMES - PARDS SITE - MONTHLY FEES
AUGUST - NOVEMBER (PARDS Site - DEC 2025 - May 2026)

PAWS Monthly dues: PARDS Member $80 / Non Member $90
Monday - Thursday 4:30 - 5:30

CUBS Monthly dues: PARDS Member $90 / Non Member $100
Monday - Thursday 4:30 - 5:30
Dryland - Monday, Tuesday 4:15 - 4:30

TIGERS Monthly dues: PARDS Member $110 / Non Member $120
Monday - Friday 5:30 - 6:45
Dryland - Monday and Wednesday 5-5:20pm
Sat - TBA 8-9:30am

STATE Monthly dues: PARDS Member $115 / Non Member $125
Monday - Thursday 6:45 - 8:15pm, Friday 5:30pm - 6:45pm;
Sat - TBA 8-9:30am
Dryland - Tuesday and Thursday ALL STATE SWIMMERS 6:05 - 6:25

Little More About Our Program at PARDS on the back.
Thank you for your interest in Tiger Aquatics - Denham Springs.

2025 - 2026 Season

Vision - “Strive to develop important life skills in young people through excellence in swimming.”

Goal - Tiger Aquatics goal is to produce confident leaders who have developed the skills of goal setting, self-responsibility, a hard work ethic and time management. The sport of swimming allows individuals to participate and be involved in for a lifetime. We promote healthy lifestyles through exercise and proper nutrition.

TAQ Registration - Registration for the upcoming Tiger Aquatics 25-26 season will open on August 4, with practices beginning the week of August 11! Registration is done on our swimtaq.com website page. We do have limited space in the lanes so when we hit capacity we will start a waiting list per group/per session.

USA Swimming Registration - sent up your log in as a parent then set your swimmers up
- Once you are registered as a TAQ member Pamela will send you the link to register with USA Swimming
- Make sure to choose the entire year

Safe Sport - TAQ IS IN COMPLIANCE WITH SAFE SPORT
- Safe Sport is USA Swimming’s abuse prevention effort, and all member clubs are a part of it.
- All coaches, officials, and other non-athlete members are subject to a background check and have completed the Athlete Protection Training.
- By putting policies in place and communicating expectations, we can create a positive and safe environment for everyone.

Communication for Team
- Monthly Calendar sent in email
- Weekly Updates sent in email
- Daily changes or updates sent through Remind and TeamUnify
- Make sure to update texting options

Equipment - Fins, Snorkels, (Tigers and State- Paddles)

Team Suit - through team page www.swimtaq.com, in the team store. New suit this year - New team suit and apparel line with Speedo; it's the Speedo Endurance + Edge Splice.

TEAM TRAINING GROUPS

The first introduction into our Tiger Aquatics team at PARDS is the PAWS group.
Paws - DS - is designed for swimmers ages 5 and older. The emphasis of this group is to

gain better technique for all four strokes: freestyle, backstroke, breaststroke, and butterfly, as well as proper starts and turns. Other emphasis will be placed on kicking, streamline, proper body position in the water, but most of all having FUN!

- We encourage ALL members of this group to participate in at least 3 swim meets per season & 8 & under championships. We hope that through this group, young swimmers will continue to swim and move into the next group (Cubs).
- The Paws group offers 4 practices a week; it is recommended that you attend 2-3 per week.
- Equipment needed: Fins, Junior Snorkel & Equipment Bag
- Dryland: workouts clothes, running shoes

Cubs – DS - is designed for the more competitive 10 & Under athlete. Cubs will continue to work on technique of ALL four strokes: freestyle, backstroke, breaststroke, & butterfly. A focus will be set on IM, underwater kicking, racing, attendance, & clock reading. Cubs will also learn how to do and complete a set during a workout.

ALL Cubs will be required to attend at least 3 meets per season, including intersquad. ●

- We encourage ALL members of this group to participate in at least 3 swim meets per season..
- The Cubs group offers 4 practices a week; it is recommended that you attend 2-3 per week.
- Equipment needed: Fins, Junior Snorkel & Equipment Bag
- Dryland: workouts clothes, running shoes

Tigers – DS - is the 3rd level of competitive training for athletes ages 9 and up. At this level, aerobic training is introduced through longer distance freestyle and IM based sets. There will be a focus on maintaining & developing proper technique, developing long term vs. short term goal setting techniques. Goals such as qualifying times and a higher level of competitiveness. A seasonal training mentality will be introduced which will prepare athletes to succeed through all levels of swimming. Basic dryland training is introduced for this group as well.

- We highly encouraged Tiger athletes to attend as many meets listed on the Tiger Aquatics website
- The Tigers group offers practice 5 times per week and are highly encouraged to attend 4 out of 5 per week.
- Equipment Needed: Fins, Paddles & Snorkel, Equipment bag
- Dryland days: workout clothes, running shoes, water bottle

SENIOR-DS is the 4th group level offered at PARDS. This group is for 13 & over athletes wanting to improve and compete at the highest level possible. The training will consist of technique work, continuing to build aerobic capacity sets, test sets and extensive dryland. The Senior group will also focus on seasonal goal setting, proper nutrition and becoming an all-around better swimmer. Senior athletes are encouraged to attend as many workouts as

possible if not all per week.

- We highly encouraged Tiger athletes to attend ALL meets listed on the Tiger Aquatics website
- The STATE group offers practice 5-6 times per week and are highly encouraged to attend 90% a month.
- Equipment Needed: Fins, Paddles & Snorkel, Equipment bag
- Dryland days: workout clothes, running shoes, water bottle

See you at the Pool.

Coach