

REDTAILS COACHES

The staff is dedicated to providing a program for our youth that will enable them to learn the value of striving to improve "to be the best you can be."

Luis Danny Trinidad	Founder/Head Coach
Janice Saunders Diaz	Assistant Coach
Sarah Kooperkamp	Assistant Coach
Halton Ambaye	Assistant Coach

REDTAILS PARENT COMMITTEE

RedTails Parent Committee assists the coaching staff with the administrative functions that are necessary to run the team. The committee members make arrangements for travel, breakfast program and fund-raising to ensure parental awareness and participation. The committee meets regularly and new members are always welcomed.

ANNUAL FEES

There is a yearly fee of \$250 per child (subject to change) and a \$150 fee for the uniform.

There are 2 seasons:

The short course season runs from September to March and the long course season runs from April through August. There are no pro-rated fees for partial season.

Call us for a tryout today!

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HOW TO REACH US

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RIVERBANK REDTAILS SWIM TEAM



*The pool is our playground
Play hard... Swim Fast!*



www.riverbankredtails.com | (212) 694-3669

REDTAILS

The RedTails swim team was founded in 1994. The swim team was developed to provide inner city youth, a safe, fun and educational after school activity through competitive swimming.

TEAM MISSION

To develop strong character traits, technical skill and build self esteem allowing each individual to fully realize their potential.

TEAM PHILOSOPHY

Per-se-ver-ance [pur-suh-veer-uhs]

Steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.

Perseverance, the backbone of success in any endeavor in life, is the key word in RedTails philosophy. RedTails believe that perseverance developed by swimming will prepare the individual for the challenges they will face in life.

TEAM ORGANIZATION

The RedTails program is designed to develop children physically, mentally and emotionally.

A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmers physiological prime.

“The RedTails are like an extension of my family, and swimming is fun.”

The emphasis in the early stages of participation is placed on developing technical skills and love of the sport.

In the later years, more demanding physical and psychological challenges are introduced. All levels are based on the fundamentals of swimming and developing four basic strokes:

1. Breaststroke
2. Butterfly
3. Freestyle
4. Backstroke

MORE ABOUT THE TEAM

1. The Riverbank RedTails is Harlem's first swim team to register with USA Swimming®, the national governing body for competitive swimming.
2. The RedTails is a local swim team, open to swimmers aged 6 to 18 years old. Their home pool is located inside Riverbank State Park, overlooking the Hudson River between 135th and 145th Street in Manhattan. The indoor pool contains 8 lanes and is a 50 meter Olympic size pool.
3. Over the years the RedTails have competed in local, regional, national and international competitions.

THE 4 SUBGROUPS

THE C-TEAM

The C team is the novice group for swimmers that are 10 years old and younger who are familiar with the four competitive strokes. This program focuses on fine tuning their technique and the introduction of competitive racing skills while experiencing the fun and camaraderie of age group swimming. The C Team is geared toward the Metropolitan 8 & Unders Championships.

THE B-TEAM

The B-team is one of two developmental programs for swimmers under 13. These swimmers train 3-4 times per week with emphasis on continued development of the four strokes, starts, turns and competitive racing techniques. This group competes at local and metropolitan area meets. The B-Team is geared toward Silvers Championships.

THE A-TEAM

The A-team is a select program for swimmers in the 13 and under age groups who have the potential to qualify for regional championship meets and Junior Olympics. This group trains 5-6 sessions per week with one dry-land session. The program emphasizes stroke technique development, endurance training and elite racing techniques.

THE SENIORS

The Senior Team is geared toward Senior Metropolitan, Regional, National and International level competition. This program consists of 6-7 training sessions per week in addition to 3 dry-land sessions. This is a very demanding high intensity program designed for swimmers who are motivated to reach the next level. Selection to this team will be made by the head coach. Swimmers must be at least 13 years old.