



Adult

2026 – 2027

Handbook

THE FIREBIRDS

ADULT SWIM HANDBOOK

Fitness • Training • Fellowship

Welcome to the Firebirds Adult Swim!

Whether you're swimming for fitness, training for an event, getting back into the water, or simply looking for a great group of people to swim with, we're glad you're here.

The Firebirds Adult Swim is designed for adults who are comfortable in the water and want structured swim training in a supportive team environment.

Come swim. Get stronger. Meet good people. Have fun.

1. ABOUT THE FIREBIRDS ADULT SWIM

The Firebirds Adult Swim program is an extension of The Firebirds Swim Team, a USA Swimming-affiliated program committed to developing swimmers in a positive, disciplined, and supportive environment.

Our adult program is built around three things:

FITNESS

Improve cardiovascular fitness, strength, endurance, mobility, and overall health through swimming.

TRAINING

Follow structured workouts designed to help you become a stronger, more efficient swimmer.

FELLOWSHIP

Train with other adults, build friendships, encourage one another, and enjoy being part of a team.

You don't have to be a competitive swimmer to belong here.

You just have to be willing to get in the water and work.

2. A LITTLE FIREBIRD HISTORY

The Firebirds Adult Swim began in **July 2026** when two friends, **Antoine Hall and Eric Taylor**, came together to train.

Mr. Taylor was preparing for the swimming portion of a Half Ironman Triathlon and needed help with his training. Mr. Hall, a longtime friend, had always wanted to swim for fitness, so he joined Eric in the pool as moral support.

Soon after, **Attorney Steven Drake** began attending practices.

Three adults getting in the pool together sparked an idea:

Why not open the Firebirds to more adults?

And that's how the Firebirds Adult Swim was born.

What started as a few friends training together is now an opportunity for adults to make swimming part of their fitness, training, and social lives.

You're invited to become part of the next chapter.

3. WHO IS THIS PROGRAM FOR?

The Firebirds Adult Swim is for adults who:

- Are comfortable in the water
- Can swim independently without one-on-one, in-water, swim instruction
- Want structured swim workouts
- Want to improve their swimming ability
- Are swimming for fitness or personal goals
- Are training for a triathlon, open-water event, or other challenge
- Enjoy working out with other people
- Want the accountability and fellowship of a team

IMPORTANT: THIS IS NOT A LESSONS PROGRAM.

You **do not need to be an advanced swimmer**. Beginners are welcome **if they are already comfortable and independent in the water**.

However, the Adult Swim program is **not designed to teach someone how to swim**.

If you need basic swimming instruction or cannot safely swim independently, please contact us about our summer lessons program “FIN CAMP” before joining Adult Swim.

4. PRACTICE

CURRENT PRACTICE SCHEDULE

Mondays & Wednesdays

6:00–7:00 PM

Practice days and times are subject to change. Team communications will provide the most current schedule.

Our workouts may include:

- Technique development
- Endurance training
- Interval training
- Stroke work
- Kicking
- Pulling
- Conditioning
- Race/event preparation
- Individual goals and challenges

WEATHER

Weather can occasionally change our plans.

If thunder or unsafe weather prevents us from getting in the pool, **be prepared to participate in dryland training instead.** Please always come equipped with a water bottle, gym shoes, and workout clothes—just in case.

A canceled swim does not necessarily mean a canceled workout!

5. ATTENDANCE

THERE IS NO ATTENDANCE POLICY.

We understand that you're an adult. You have jobs, families, responsibilities, vacations, travel, and life. You are welcome to attend when your schedule allows.

However, there is one simple truth:

The more consistent you train, the more you will improve.

Swimming is a skill-based sport. Your body gets stronger, your technique improves, and your endurance develops through repetition.

We won't penalize you for missing practice. **But your swimming will know the difference.**

Come when you can. Train when you're here. Keep moving forward.

6. TEAM EXPECTATIONS

Although this is an adult program, we're still a team. We expect every swimmer to:

Give RESPECT

Treat coaches, teammates, facility staff, and other swimmers with respect.

Put in EFFORT

Give an honest effort during practice based on your own ability and goals.

Be COACHABLE

Listen to coaching and be willing to learn.

Stay SAFE

Follow pool rules and coach instructions at all times.

Enjoy TEAMWORK

Encourage your teammates and help create a positive training environment.

Take **RESPONSIBILITY**

Arrive prepared and ready to participate.

Most importantly:

Leave your ego at the pool door.

Everyone is here to improve.

7. USA SWIMMING & ATHLETE PROTECTION TRAINING

Because Adult Swim is part of a USA Swimming team that includes athletes under 18, all adult swimmers are required to complete **USA Swimming's Athlete Protection Training (APT)** before entering the water with the team.

APT helps adults understand the standards and boundaries required to create a safe environment for our youth athletes that you may come in contact with.

THE GOOD NEWS:

APT is online and FREE for registered USA Swimming members.

You will receive instructions for completing the course during the registration process.

THE BAD NEWS:

No APT = No participation in the water.

8. WHAT TO BRING

REQUIRED

- Appropriate swimsuit
- Goggles
- Water bottle
- Towel
- Positive attitude

EQUIPMENT

Training equipment can be helpful but is **not required to join**.

Depending on the workout, we may use:

- Fins
- Kickboard
- Pull buoy
- Paddles
- Snorkel
- Other training equipment

Firebirds equipment can be ordered through the **Firebirds Team Store/Website**.

You do not need to purchase everything immediately. Just **start swimming**. Build your equipment as you go.

9. APPROPRIATE SWIMWEAR

All swimmers must wear appropriate swimwear suitable for athletic training.

WOMEN

One-piece swimsuit (competitive, fitness, or modest suit if you prefer)

MEN

Swim shorts, jammers, or briefs

Swimwear should allow you to swim safely and participate fully in training. Please note: **we run a strict program when it comes to attire!**

10. REGISTRATION & COST

ANNUAL USA SWIMMING REGISTRATION

(www.usaswimming.org)

\$81

ANNUAL FIREBIRDS ADULT SWIM REGISTRATION (www.firebirdsswimteam.com)

\$160

MONTHLY TRAINING

\$50/month

- Yes, all adult swimmers must also register with **USA Swimming** and pay the applicable USA Swimming registration fee for a “Year-Round” swimmer.
- Use the Swim Club Code “FIRE” when registering.
- USA Swimming registration is separate from the Firebirds annual and monthly training fee.
- Your monthly training fee will commence the month *after* you register.

AUTOPAY

Adult swimmers are required to select the **monthly autopay option** when registering.

This keeps your membership current and allows us to spend our time focused on coaching—not chasing payments.

CANCELLATION

We’d hate to see you go. But we understand in life, things happen. We ask that if you need to cancel and are able, please give us a 30 day notice so that we can make appropriate adjustments. If you cancel anytime after the 5th of the month, the monthly charge will still apply.

11. MORE THAN ADULT SWIM

Although you are joining the Firebirds as an **Adult Swimmer**, you are also becoming part of the larger Firebirds family. Our youth athletes work hard in the pool, at meets, and throughout the season. Having our adult swimmers support them would mean a lot to our team and their parents.

We encourage our Adult Swimmers to get involved in whatever way feels right for them:

- **Encourage our young athletes** at practices and meets
- **Volunteer** when you have the time (we always need professional help/coaches etc)

- **Help us recruit new swimmers**
- **Attend swim meets** and cheer on the Firebirds (it's FREE!)
- **Wear your Firebirds gear** and represent the team (can be found in our online Merch store)
- **Celebrate our athletes' accomplishments and milestones** at our annual Awards Ceremony

You don't have to be at every meet or volunteer at every event. But when you have the opportunity to show up for our youth, **we'd love to have you there.** Your presence, encouragement, and support help our younger athletes know that they are part of something bigger than themselves.

Swim with us. Support the team. Rise with the Firebirds.

12. THE FIREBIRD CULTURE

We're building more than a workout. We're building a group of adults who:

- Show up for themselves and each other
- Encourage one another
- Celebrate progress
- Push through challenges
- Learn something new
- Laugh together
- Get stronger together
- Support the next generation of Firebirds

You may come to Firebirds because you want to improve your fitness, train for a race, learn better technique, or simply get back in the pool.

Whatever brings you here, **you won't do it alone.**

FITNESS.

TRAINING.

FELLOWSHIP.

WELCOME TO THE FIREBIRDS ADULT SWIM.

RISE UP!

