

Terrapin Complete Swimmer Incentive Program

USA Swimming IMX Challenge Awards

Silver, Gold & Senior Groups “IM Extreme” (IMX)- swimmers need to compete in all of the following events in 1 season in order to be ranked and receive a certificate.

10 & Under: 200 free, 100 back, 100 breast, 100 fly, 200 IM

11-12 year olds: 400m or 500 yd. free, 100 back, 100 breast, 100 fly, 200 IM

13-18 year olds: 400m or 500 yd. free, 200 back, 200 breast, 200 fly, 200 IM, 400 IM

Totals will be taken at the end of each season (Short Course & Long Course) and awards will be distributed to those that have completed the challenge.

JJ Setchell Distance Club

Swimmers that compete in the following distance freestyle events, which match their appropriate age and training group will receive a special JJ Setchell Distance Club Bag Tag..

- ♦ 9-10 year old swimmers = 1x500yrd Free or 1x400m Free
- ♦ 11 & Over Silver & Gold Group Swimmers = 1x1650yrd Free or 1x1500m Free

Once swimmers have swam their events in a meet they need to turn in their Distance Club Form to their coach with all information filled out to receive their Bag Tag.

Application Forms can be downloaded of the swimmers “Complete Swimmer Incentive Program Page” on the Terrapin Website

"JJ Setchell was our first Terrapin swimmer to swim the 1000 and 1650 events in the late 1980's and was a founding member of the team. JJ went on to be a long time Terrapin Coach".
JJ showed us that through HARD WORK, anything is possible no matter what the talent level."

