

Memo To: TAC Community
From: Derek Wall
Executive Director
Subject: Swimmer Development at TAC
Date: 1/06/2026



At the Triangle Aquatic Center, our mission is simple but ambitious: *Developing Swimmers for Lifelong Success*.

Over the years, TAC has grown into a place that serves athletes at every stage: from learning to float safely, to training at the highest competitive levels. As we've grown, so has the intention behind *how* we coach, structure programs, and support young people.

You may notice that, in the coming weeks and months, we'll be sharing more communication like this. That's intentional.

Why Now?

Swimming is often viewed only through the lens of performance: times, rankings, and results. While those outcomes matter, they are not where development begins – and they are not what sustains young athletes over the long term.

At TAC, we believe it's important to be more transparent about *why* we do what we do:

- Why movement quality comes before intensity
- Why we emphasize skill acquisition and learning capacity
- Why our training structures evolve with age and development
- Why long-term growth matters more than short-term wins

This philosophy doesn't limit ambition, it supports it. Athletes who develop strong movement foundations, healthy learning habits, and confidence over time are better prepared not just for sport, but for life.

What to Expect

Some of these communications will be brief. Others will be longer and more detailed by nature, because accurately explaining development, growth, and training requires nuance.

In this series, we'll explore topics such as:

- How swimming supports physical, neurological, and emotional development
- Why movement literacy matters for young athletes
- How swimming complements other sports and overall health
- How TAC thinks about training load, growth phases, and long-term progression
- What truly helps young people thrive – both in and out of the pool

Our goal is not to overwhelm, but to inform. We'd like to give families and community members insight into the *intentional design* behind TAC programs and the science that supports them.

Why This Matters

Swimming, when done well, is one of the most powerful developmental tools available to young people. It builds confidence, discipline, resilience, and self-awareness while also teaching a life-saving skill.

What makes TAC unique isn't just our facilities or our size. It's our commitment to development-first thinking, thoughtful coaching, and a values-driven culture that supports athletes across ages, abilities, and goals.

We see this communication as part of our responsibility as a community resource and leader in youth development. TAC is more than a place to train, it is an environment intentionally built to help young people grow into strong, capable, confident individuals.

As we begin sharing more, we also want this to be a conversation. If you have questions or topics you'd like us to address in future communications, we invite you to share them with us [here](#).

Thank you for being part of that journey with us.

A handwritten signature in black ink that reads 'DWall'.

Derek Wall
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