



## **OUR MISSION STATEMENT**

Our Mission is to provide a competitive swimming environment for young swimmers to experience personal and team growth in a fun & safe environment. With commitment and perseverance, we will strive to inspire great character and integrity for life through the sport of swimming.

Swim for fun,  
Swim for life!

## **REGISTRATION INFORMATION**

Welcome to Valley Swim Team Phoenix. There are several very important forms included in this packet. It is imperative that you complete each form carefully and completely.

You may either mail the registration packet to us or bring it with you to registration on **Saturday, August 20<sup>th</sup>** between 11:00 and 2:00 PM at Phoenix Fitness and Aquatics in Strasburg, VA.

Please note the first day of practice for the fall season will be **Monday August 22<sup>nd</sup>, 2011.**

We're very excited as we head into our seventh year and welcome you to our family.

If you have any questions regarding the team or the registration packet, please feel free to contact me directly or ask any of our current swimmers or parents.

Andrea Fergus  
afergus@comcast.net

## **PRACTICE GROUPS**

### **Junior**

**2 practices per week**

Level designed to bridge the gap between lessons and competitive swimming, through drills and instructional games to build strong strokes and make swimming fun. The program is for swimmers ages 4-10 years of age, who can swim 25 yards Freestyle and 1 other competitive stroke. Meets are encouraged based on ability.

### **Thunderbird**

**2-3 practices per week**

Developmental group with a strong Phocus on technique and training fundamentals of the four competitive strokes, while creating a fun and encouraging swimming foundation. Swimmers are not to exceed USA Swimming 10 & under "B" Motivational Time Standards. Meets are encouraged.

### **Firebird**

**3-4 practices per week**

There is a continued Phocus on technique and repeating proper training fundamentals while encouraging fun competitive spirit through a slightly intensified practice environment. Swimmers are not to exceed USA Swimming 11-12 "BB" Motivational Time Standards. Meets are expected.

### **Griffin**

**3-5 practices per week**

Technique based competitive training where swimmers distinguish themselves both in practice and competition. The commitment to excellence and with the application of correct training cycles are factors that contribute to the success in this group. Swimmers are not to exceed USA Swimming 13-14 "A" Motivational Time Standards. ½ hour Dry Land. Meets are expected.

### **Raven**

**4-7 practices per week**

Intense training using the latest in stroke techniques and mechanics with expectations that hard work and planning will result in peak performances. Swimmers are both committed and dedicated to the rigors of an intense training regime. ½ hour Dry Land. Strength Training 14 & up. Meets Required.

### **Eagle**

**6+ practices per week**

Intense training with the commitment to the highest levels of excellence that one can achieve. Developing a mastery of strokes while competing in senior, regional, and national levels. Members of this group are selected by the coaching staff. All training extras required. Meets Required.

**Rising Phoenix** 8 week sessions

**2 practices per week**

Swimmers who have enjoyed swimming but are not ready to commit to competitive swimming. Endurance and stroke technique primary Phocus while developing a love for the sport. Times may vary, swimmers will swim with appropriate levels.

**High School Prep** 4 weeks sessions  
**week**

**up to 7 practices per**

Prepare swimmers for High School Swimming. Phocus on endurance, stroke technique, and race training through vigorous training regime. ½ hour Dry Land. Strength Training 14 & up.

## **FEE\$**

### **V\$TP**

There is a one time, non-refundable registration fee for the 2011-2012 course season of \$150. This needs to be paid to register your child with the swim team. V\$TP swimmers are required to commit to a 7 month contract. 7 monthly payments are required.

### **Rising Phoenix**

Payment for Rising Phoenix is done for two months at a time and there is no commitment beyond each two month period. There is a one time, non-refundable registration fee for the 2011-2012 season of \$150. This needs to be paid to register your child with the swim team. The bi-monthly fee for Rising Phoenix is \$170.

### **Payments**

Checks are made payable to V\$TP. Monthly payments are due on the **20<sup>th</sup> of each month** for the following month. Your September payment is due at registration. There is a \$25.00 late fee (for each swimmer) for all checks not received by the first of the month. We have to pay our bills by a certain date and we ask you to do the same. You may either make your payment at the front desk of Phoenix Fitness & Aquatics, or mail it to: V\$TP, P.O. Box 760, Stephens City, VA 22655.

**FAMILY DISCOUNT PLAN:** The family discount plan is as follows: after arranging the swimmers in order from highest to lowest practice groups, the second swimmer is discounted 10% and each additional swimmer is discounted 15% off the individual swimmer's dues.

**RESIGNATIONS:** Only first year competitive swimmers will be afforded the option of terminating this contract as long as written notification is provided by December 1, 2011. Exceptions to this policy are: 1) swimmers age 8 or younger as of 30 September 2010; 2) physician documented medical conditions; or 3) family relocation outside the Northern Shenandoah Valley area. All requests for release from financial obligation must be made in writing or by e-mail to the board at [afergus@comcast.net](mailto:afergus@comcast.net). Verbal notices will not be accepted. The request, if approved, will take effect at the end of the month in which the request is received. Partial months are not prorated. The family will be responsible for all financial obligations until written notice is approved.

### **Monthly payments for each group are as follows:**

**Junior: \$75**

**Thunderbird: \$80**

**Firebird: \$85**

**Griffin: \$100**

**Raven: \$105**

**Eagle: \$115**

**High School Prep: \$100 (4 weeks/ 2 sessions maximum)- \$100 registration required for high school prep. If the swimmer then registers for VSTP or Rising Phoenix, the additional \$50 registration can be paid at that time.**

**Rising Phoenix - \$170 for each 8 week session— Allowed 2 practices per week.**

## **VSTP PRACTICE SCHEDULE**

***Please note that the practice schedule is subject to change (this will most likely occur during the high school swim season Nov-Feb)***

**Rising Phoenix** may practice twice per week with the appropriate group.

### **Sunday**

No Practice

### **Monday**

Junior – 5-6:00 PM

Thunderbird and Firebird – 5-6:30 PM

Griffin and Raven – 6:00-8:00 PM (First 30 minutes dry land practice)

Eagle: 5:30-8:00 PM (First 30 minutes dry land practice)

### **Tuesday**

Junior – 5-6:00 PM

Thunderbird and Firebird – 5-6:30 PM

Griffin and Raven – 6:00-8:00 PM (First 30 minutes dry land practice)

Eagle: 5:30-8:00 PM (First 30 minutes dry land practice)

### **Wednesday**

Junior – 5-6:00 PM

Thunderbird and Firebird – 5-6:30 PM

Griffin and Raven – 6:00-8:00 PM (First 30 minutes dry land practice)

Eagle: 5:30-8:00 PM (First 30 minutes dry land practice)

### **Thursday**

Junior – 5-6:00 PM

Thunderbird and Firebird – 5-6:30 PM

Griffin and Raven – 6:00-8:00 PM (First 30 minutes dry land practice)

Eagle: 5:30-8:00 PM (First 30 minutes dry land practice)

### **Friday**

Griffin and Raven —5:00-6:30 PM (no dry land practice)

Eagle: 5:00-7:00 PM (no dry land practice)

Junior – 6:30-7:30 PM

Thunderbird and Firebird – 6:30-8:00 PM

## **SATURDAY**

Griffin, Raven & Eagle —7:30 AM-9:30AM (No dry land practice)

## **VOLUNTEER – PARENT POSITIONS**

It takes parent help to run this team smoothly. We are always in need of new volunteers to help assist us with the many team responsibilities we face. Please consider taking on some of these responsibilities to help the team out, fulfill your volunteer commitment, and provide your swimmer with a great environment to swim in.

**Website Maintenance:** This requires monitoring of the website and maintaining current information throughout the year. This can be done from your home computer. An Internet connection is required.

**Swim Meet Entries:** This requires some minimal computer training, basic data entry, and coordination with the coaches and parents. This can be done from your home computer. An Internet connection is required.

**Timers:** Families are expected to time for one session at each meet their swimmer is entered in. Timing is fun and with everyone participating the time commitment at the meet is minimal.

**Social Board:** Plan and schedule social activities as determined by the Team Manager and President.

**Bulletin Board:** Maintenance of the bulletin boards at Phoenix Fitness & Aquatics.

**Marketing:** Be the contact person for the local media and community. The position may involve some travel in promoting team in the local area.

**Sponsorship:** Attract local business support in exchange for advertising on our website and team gear.

**Stroke and Turn Judge:** This job requires training with USA Swimming.

**Starter:** This also requires training with USA Swimming and one year experience as a Stroke & Turn Judge.

**Equipment:** Ordering, tracking and delivery of swim team swim suits and swim equipment to swimmers and parents.

**Apparel:** Ordering, tracking and delivery of all Phoenix apparel. This includes items provided for our sponsors.

**Volunteer Coordinator:** This individual will review signup sheets for volunteers, place in the appropriate groups, and solicit additional volunteers as required

**Swim Meet Committee:** This individual/group will be responsible for the communication to parents and swimmers for each swim meet as well as coordinating the list of timers and judges for each meet.

**Communication:** Assist with printing all communication including distribution of Internet material to families without Internet access.

**Fundraising Committee:** This group is responsible for coordinating the fundraising activities for the team.

### **V\$TP Swim meet**

V\$TP will be hosting a swim meet at the Warrenton Aquatic Center December 2-4 2011 in Warrenton, VA. In order for this meet to be successful it is necessary for every parent to volunteer this weekend. This is not optional. Please review the list of committees listed below & fill out your appropriate choice

on the next page under volunteering. Please don't hesitate to ask any questions about what this entails. With the exception of officiating & entries there are no special requirements needed.

**Accommodations** – Securing hotels for visiting teams accommodation

**Advertising & Sales** – Solicit ads for heat sheet. Responsible for printing of heat sheets.

**Announcer** – Prepare & test equipment. Announce events. Secure music for playing of National Anthem.

**Awards & Ceremonies** – Order awards/ribbons for meet. Coordinate labels for ribbons. Organize team award distribution.

**Computer Committee** – Find and coordinate a CTS operator for meets. Provide back up & distribute meet results. Coordination of runners for results.

**Concessions** – Secure donations & contributions for selling concessions. Make signs & menus for sales. Coordinate staff for manning concessions.

**Clerk Of Course** – Organize call system for events. Ensure equipment is available for call system. Staff appropriately.

**Entries** – Generate meet events & distribute to invited teams. Receive entries. Coordinate entries with fees received. Print information for coach's packets, print lane cards and coordinate with computer personnel.

# VALLEY SWIM TEAM PHOENIX

## PARENT CONTRACT

Valley Swim Team Phoenix cannot exist without our parents. Please read the following contract carefully and sign where indicated. This is not multiple choice. ☺ You must complete each section.

### CONTRACT TERMS

I \_\_\_\_\_ and \_\_\_\_\_, parents of swimmer(s) \_\_\_\_\_ understand that Valley Swim Team Phoenix needs and wants our support. We will commit to our child being on this team from this date until February 29<sup>th</sup>, 2012. By signing the contract we are committing to the lump sum or the required six monthly payments (month-to-month for Rising Phoenix). Waiving of this requirement will be made only for extreme circumstances (illness, death, relocation, job loss, etc.) at the discretion of the Board.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

### FUNDRAISING

I \_\_\_\_\_ and \_\_\_\_\_, parents of swimmer(s) \_\_\_\_\_ commit to participation in fundraising activities. We ask that each family raise \$200.00 per swimmer for the first two children & \$50 per swimmer for each additional swimmer. This can be done in two ways. You can participate in fundraising activities we will provide or you may simply write a check for all or part of the fundraising commitment. All financial commitments need to be complete before February 29<sup>th</sup>, 2012.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

### VOLUNTEERING

I \_\_\_\_\_ and \_\_\_\_\_, parents of swimmer(s) \_\_\_\_\_ commit to volunteering a total of twenty hours per family prior to February 29<sup>th</sup>, 2012. In addition we will commit to volunteer at least 2 sessions at the VSTP swim meet on December 2-4, 2011. Please see the volunteer sheet included in the registration packet for areas where your help is needed. We cannot exist without you volunteering your time. If you are not able to volunteer, we ask for a donation in the amount of \$10 per hour of time not being volunteered.

Area you wish to volunteer in (please complete): \_\_\_\_\_

Committee you wish to volunteer for the December 2-4th VSTP meet: \_\_\_\_\_

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

# VALLEY SWIM TEAM PHOENIX

## HONOR CODE

1. Phoenix team members should be respectful of their peers, coaches and parents. Any Phoenix member not acting in such a manner will be asked to change or stop that behavior. If that team member fails to comply, they will be asked to leave and disciplinary procedures will follow, starting with a meeting between the swimmer, parent and coach.
2. Phoenix will travel as a team and as individual families in order to compete with the best. Everyone is expected to behave in an exemplary manner. The reputation of Phoenix, as well as other athletes with you, is dependent on your behavior.
3. The coaching staff has the final word on any rules, regulations, or disciplinary action.
4. Any swimmer using alcohol, drugs, or tobacco is subject to suspension from the team.
5. Be respectful of your teammates during practice or competition. Never interfere with the progress of another swimmer.
6. At no times will male and female athletes be in the same hotel room together unless a coach or chaperone is in the room or has approved the situation. This applies to Phoenix team members and members from any other team.
7. Any additional guidelines for this team will be established as needed by the coach of record.

\_\_\_\_\_  
(Swimmer Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

# VALLEY SWIM TEAM

## PHOENIX

### SWIMMER DROP/ADD FORM

This form is to communicate the need to drop swimmer(s) to/from the team. There will be a \$10 administration fee incurred when doing so. Please fill out the form & have your coach sign it & then turn it in to your coach or mail to:

Valley Swim Team – Phoenix  
P.O. Box 760  
Stephens City, VA 22655

This is to inform VALLEY SWIM TEAM PHOENIX that the following swimmer(s)

\_\_\_\_\_ will drop from the program as of

\_\_\_\_\_ due to the following reason:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
(Swimmer Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Coach's Signature)

\_\_\_\_\_  
(Date)

# VALLEY SWIM TEAM

## PHOENIX

### REGISTRATION FORM

Select:  VSTP  Rising PHOENIX  Swim Clinic

Date: \_\_\_\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Swimmer's last name) (First Name) (MI) (M/F) (DOB) (Nickname)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Swimmer's last name) (First Name) (MI) (M/F) (DOB) (Nickname)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Swimmer's last name) (First Name) (MI) (M/F) (DOB) (Nickname)

Information required by USA Swimming:

Country of Citizenship: \_\_\_\_\_

Ethnicity: African American, Asian/Pacific Islander, Caucasian, Hispanic, Native American, Other, Decline  
(please circle one)

Parent's Names: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_

Father: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Work Phone) (Cell) (Email)

Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Mother: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(Work Phone) (Cell) (Email)

Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Phone Preferred for Calling Post Messages: \_\_\_\_\_

**OFFICE USE ONLY:**

VSTP Level: \_\_\_\_\_

Registration Fee: \_\_\_\_\_ + Monthly Amount: \_\_\_\_\_ (Prorated: Yes/No)

Total Received: \_\_\_\_\_ Payment:  Cash  Check (#\_\_\_\_\_)

Initials: \_\_\_\_\_ Date: \_\_\_\_\_