

## ***Mission Statement***

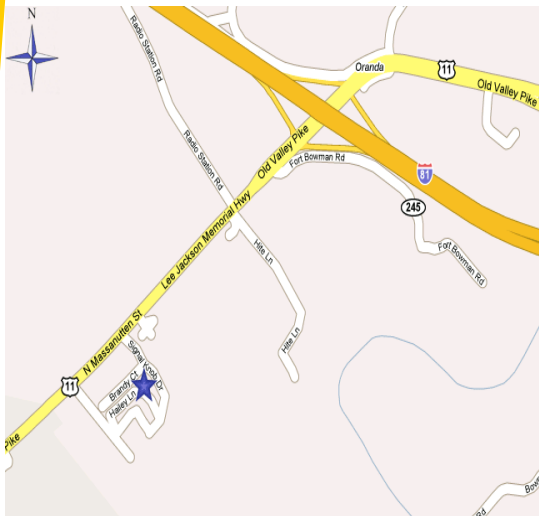
Our Mission is to provide a competitive swimming environment for young swimmers to experience personal and team growth in a fun & safe environment. With commitment and perseverance, we will strive to inspire great character and integrity for life through the sport of swimming.

## ***How do I determine if Valley Swim Team Phoenix is right for me?***

We offer a one-week trial period for any swimmer interested in Valley Swim Team Phoenix. We have found that by attending practices for this period of time the swimmer has a clear picture of the program. During this trial, the swimmer (s) will be assessed and a practice group recommendation will be given. There are no charges associated with the trial period and trials are available at any practice upon request.

Contact Jessica De Jong at 540 545 8124 or [jepdejong@valleyswimteam.com](mailto:jepdejong@valleyswimteam.com)

## **VALLEY SWIM TEAM PHOENIX**



### ***Directions to the pool***

*From Winchester head south on I81. Take exit #298 to Strasburg. At the stop sign go south on route 11 (turn left) towards Strasburg for 1 mile. PHOENIX Fitness and Aquatics is located on the left next to the Ramada Inn.*

*From Edinburg head north on I81. Take exit #298 to Strasburg. At the stop sign go south on route 11 (turn right) towards Strasburg for 1 mile. PHOENIX Fitness and Aquatics is located on the left next to the RAMADA*

### ***How to contact us***

VALLEY SWIM TEAM  
P.O. Box 760  
Stephens City, VA 22655  
[www.valleyswimteam.com](http://www.valleyswimteam.com)

Phone: 540-545 8124  
Fax: 540-545-8461



Swim for fun,  
Swim for life!



**WE WANT YOU ON  
OUR TEAM**



# VALLEY SWIM TEAM: PHOENIX

## About Us

The Phoenix myth is our guiding message, our mission guides the way. Phoenix swimming is structured. Discipline, hard work, and personal responsibility are key components to Phoenix swimmers striving to achieve excellence according to their ability. The acquisition of these skills and the strong swimmer/coach relationship will lead to fun because, at Phoenix, swimming fast is fun. VSTP gives swimmers a chance to develop strong, lasting relationships with their teammates, coaches, and families. Due to our commitment to focusing on the mechanics, strategies, and development of the swimmer, we are able to structure practices and workouts for Phoenix swimmers.

## Fall Registration

**Registration for the Fall Season will be Saturday August 22nd from 10 am until noon at PHOENIX Fitness and Aquatics in the Activity room.**

## Practice Groups & Fees

Practice for the 2009-2010 season will begin Monday August 24th 2009. This week will include trials for new members. At this time the coaches will assess swimmers & place them in one of the practice groups described as follows.

**Registration for VSTP is \$150.00 for 1 year.**

### **JUNIOR—(Mon.—Fri.)**

The Junior group is a developmental “entry level” competitive swimming group for athletes making the transition from an instructional program to competitive swimming with a desire to compete. This program is for athletes ages 5-8 years of age who can swim 25 yards in freestyle and 1 other competitive stroke. **\$80/month**

**BRONZE—(Mon.—Fri.)** This group consists of mostly 10 and under swimmers just starting out or coming from a summer league program. Emphasis is on teaching the fundamentals of the four strokes by means of drills and games. Swimmers in this group are expected to compete in swim meets. This group is encouraged to attend 2-3 practices per week. **\$80/month**

**SILVER—(Mon.—Fri.)** In this group, careful attention continues to be given to stroke development. The emphasis on training technique gradually increases as the swimmer progresses and begins to prepare for higher levels of competition. More meet participation usually occurs at this level. This group should attend at least 3 practices per week, including a dry land routine. This group is for 9 and older swimmers that have achieved BB+ times along with 11 and older swimmers with proficiency in all four strokes. Silver swimmers can practice Monday – Saturday. **\$100/month**

**GOLD—(Mon.—Sat.)** This group combines stroke development with more advanced levels of training. Swimmers can become more aware of the process behind becoming a faster swimmer. This group practices 4-6 times per week to see increased success. All practices include a dry land routine. **\$110.00/month**

## Rising Phoenix

This group is geared towards swimmers who have enjoyed swimming but are not ready to fully commit to competitive swimming. Endurance and stroke technique are emphasized in this group. This group does have the opportunity to compete at the USA swimming level and to transition to VSTP as desired. Rising Phoenix swimmers may attend up to 2 times per week. Practices are offered Monday through Friday. Swimmers are not required to attend swim meets but will be encouraged to attend within the appropriate level.

**\$80/month**

## Practice Schedule

**Rising Phoenix swimmers** will practice at the appropriate level and times (limited to 2x/week)

### SUNDAY

**NO PRACTICE**

### MONDAY

Junior—5-6:15 PM  
Bronze—5-6:30 PM  
Silver & Gold—5:30-7:30 PM  
(First half hour dry land practice for Silver & Gold)

### TUESDAY

Junior—5-6:15 PM  
Bronze—5-6:30 PM  
Silver & Gold—5:30-7:30 PM  
(First half hour dry land practice for Silver & Gold)

### WEDNESDAY

Junior—5-6:15 PM  
Bronze—5-6:30 PM  
Silver & Gold—5:30-7:30 PM  
(First half hour dry land practice for Silver & Gold)

### THURSDAY

Junior—5-6:15 PM  
Bronze—5-6:30 PM  
Silver & Gold—5:30-7:30 PM  
(First half hour dry land practice for Silver & Gold)

### FRIDAY

Junior—5-6:15 PM  
Bronze—5-6:30 PM  
Silver & Gold—5:30-7:30 PM  
(First half hour dry land practice for Silver & Gold)

### SATURDAY

Silver & Gold—7:30 AM—9:30AM (no dry land)

Swim for fun!

Swim for life!