



Hello VFC Swim Team Members,

Once again it is that time of year: Swim Team Registration! This means summer is almost here! Hooray! The coaches can't wait to get started with the 2011 swim team. We encourage everyone to try out for the VFC Dolphins. Swim team is a wonderful way to meet new families and friends, develop stroke techniques, be a part of a team and gain swimming endurance.

New VFC Dolphins ages 12 and under will need to try out for the team before our season begins. Tryout dates are not yet certain, but are expected to be the first week of June. Swimmers will have to swim one lap of the pool freestyle without stopping or touching the bottom of the pool. Once the season begins, new Dolphins will also be required to attend stroke clinics to acquire the proper stroke techniques they will need to have successful practices and races.

This season we will have a different practice schedule than the past years. It is still in the process of being rescheduled, but it will result in more efficient practices for each age group. There will also be a code of conduct that will be signed by each swimmer and parent at registration. Swim team coaches will have high expectations for swimmer behavior this season. The Dolphin swim team will be working hard not only to provide swimmers with competitive swimming skills, but also with proper sportsmanship.

All of the coaches look forward to working with the VFC Swim Team families. We have already set challenging goals for our swimmers and are making plans to make this the most memorable summer season yet! We would absolutely love to have your children on our team. Swimming is a life sport that teaches us self-discipline, provides us with ever lasting friendships, and helps us set goals for ourselves. Summer can't come soon enough! See you all at registration.

-Swim Team Coaching Staff