



Virginia Vale Swim Team

Summer 2021

Go Dolphins! Swim Fast! Have Fun!

Coaches

- **8 & Unders**
 - Brian Davenport – 720-560-2460; brianjdavenport04@gmail.com
 - Mark Walvoord – 303-726-9186; mark_walvoord@yahoo.com
 - Josie West – 720-361-8187; josie.west31@gmail.com
 - Kiah May – 303-378-2145; kiahsoccer13@gmail.com
- **9 & 10s**
 - Ryer Lauth – 720-409-6004; rvlauth@gmail.com
 - Sarah Tartell – 303-810-1588; sarah.tartell@gmail.com
- **11 & 12s**
 - Katie Vaeth – 720-988-6094; kvaeth13@gmail.com
 - Jack Walvoord – 303-726-9526; jack_walvoord@yahoo.com
- **Upper Division (13 & 14s and 15-18s)**
 - Lizzy Supple – 720-309-0847; Lizzy@vswimclub.com
 - Chris O’Sullivan – 720-982-3924; chris@brothers-bbq.com

Volunteers

The success of our swim team program depends heavily on the volunteer contributions of every parent. Volunteering can also be a lot of fun and is a great way to get to know other parents, coaches, and swimmers. Watch for an email with sign up information, and volunteer early for the volunteer spot you want!

Swimming Skill Requirements

Every swimmer on the team this year MUST be able to swim the length of the pool.

We would like all swimmers to become proficient in all four competitive strokes (backstroke, breaststroke, butterfly, and freestyle). Any swimmer who struggles with any of the strokes should seek help outside of practice. There are a number of different options for supplementary stroke development:

- **Group lessons** – See the website for details and registration information (or talk to Brian!) We are hoping to operate our lessons program similarly to what we’ve done in the past!
- **Private lessons** – If you are interested in this, we encourage you to contact one of your child’s coaches for private lessons; however, any of the coaches would be happy to work with your child one-on-one. Please contact us individually if you are interested.
- **Stroke Clinics** - Sign up will be weekly after school is out. Clinics run from 12:00-12:30 and cost \$5 per swimmer per session. The focus of June clinics is on stroke fundamentals; in July it is on stroke refinement, starts and turns. Contact Brian for more information.

- **Beginner** – Sessions for younger and less-experienced swimmers to work on basic stroke techniques are offered on Mondays and Wednesdays.
- **Advanced** – Sessions for older, more advanced swimmers looking to hone their stroke techniques are offered on Tuesdays and Thursdays.

Practices

Swimmers are expected to participate in every practice unless an illness, vacation, or other legitimate conflict prevents them from attending. More specifically, swimmers are expected to participate in at least three practices each week in order to compete in that week's meet (with a small exception to boys high school swimmers in the early season).

We understand that there will be legitimate exceptions and ask that swimmers communicate with their coaches about any anticipated (and unexpected) absences.

For the planned practice schedule, please visit the [Swim Team](#) page for both the preseason after school schedule and regular morning times (starting Tuesday, June 1st).

***An important note on eligibility:** according to CSSCSA, a swimmer cannot practice or compete with any other team on or after 5/16. This includes not having lessons/stroke clinics with coaches from other teams during their regularly scheduled practice time as well as time on vacation, even out of state.

Swim Meets

Expectations

- The season schedule (in addition to age group outings/fun events!) can be found on the [Swim Team](#) page!
- We are not certain what the total size limitation will be, but swim meets will likely be run in age group sessions. We will have a Sign-Up Genius out each week for anyone that wants to participate in a meet with a clearly posted time of the last chance to sign up!
- It is each swimmer's responsibility to know the dates, times, and locations of all the meets for which she or he has qualified. If you qualify for a championship meet (i.e., Ken Caryl, A-League, or State), you are expected to compete. Best times and rosters for upcoming meets will be posted on the swim team bulletin board near the ice machine (and line-ups will also be emailed).
- Show up on time with all necessary equipment. Report to your coach as soon as you arrive at the pool to get your event numbers. Never miss an event! Listen for your event numbers and report to the heating area when called. Talk to your coach before and after every race to get tips, feedback, and splits.
- The Virginia Vale Swim Team prides itself on its stellar sportsmanship, both in and out of the water. When you finish your race, stay in the water until every swimmer finishes and be sure to congratulate your competitors as well as your teammates.