



FALL REC SWIM TEAM

Looking for something more? Our Seasonal Fall Swim Team program is perfect for the summer athlete who wants more and a great way to master swim techniques. Improved dives, turns, and stroke technique will be heavily stressed.

- **Ages 5 through 18. August 31st through December 5th, Tuesday-Friday. All practices held 4 days a week @ Pleasanton Valley Swim Club (5014 Golden Road)**
 - **Practice Times: 3:45-4:30 pm, 4:30-5:30 pm, 5:30-6:45 pm**
- \$300 first swimmer in immediate family
\$200 for each additional swimmer in the immediate family
- Price does not include
United States Swimming Insurance fees.

Basic Requirement: Child must be at least 5 years of age, and able to complete at least one length (25 yards) of freestyle and one length of backstroke. The child must be independent in the water.

Meets will be offered, once a month, for the athletes who want to compete. All Fall Swim Team Participants will be USS Swimming Registered.

Fall Rec Swim Program obeys all Summer Swim League Rules.

Registration for Swim Team:

Tuesday August 17 from 4:00 to 6:00 pm at Pleasanton Valley Swim Club
Wednesday August 18 from 4:00 to 6:00 pm at Pleasanton Valley Swim Club
If you miss sign ups for either, come on the first day. ALL REGISTRATION IN PERSON.

**For more information, please email me, Brett Rauscher,
at: coach@pvclub.com**

My mission is to provide the youth of our community the knowledge to succeed in and out of the water, and to promote the sport of swimming in our area. Athletes will be given the opportunity to pursue all their goals this fall and are capable of many achievements. I pride myself on the swim techniques taught in my program, which will translate into a more stroke efficient, faster swimmer. Beyond mastering skills and achieving physical fitness, my swimmers will gain confidence, sportsmanship, discipline, commitment, and an understanding that success results from hard work and goal setting. Swimmers will learn that you get what you work for, not what you wish for. Our coaching staff holds 20+ years experience on the pool deck.

See you at the Pool!!!

Brett Rauscher