

WELCOME TO WATERLOO SWIM FIT PROGRAM!

Welcome to the Waterloo Swim Fit Program. We are excited to have you join us and want this to be a positive experience for you and your swimmers. This information will hopefully help to guide you to your first day of programming

If you have any questions, please email us at info@waterlooswimming.com, or see us at the front desk.

-Mike & Gwyn Varozza
Waterloo Swimming

WHAT TO BRING

Your swimmer will need the following equipment besides goggles:



- Swimming Snorkel
- Kickboard
- Fins
- Pull Buoy

We sell these items at Waterloo, but you are not required to purchase them through us. No other competitive team gear is allowed except summer league swim caps.

CHANGING FACILITIES

We offer changing stalls as well as locker rooms. We encourage kids to save the Family Restrooms for parents and young children. You may leave your clothing in the locker room, but recommend bringing belongings out on deck. Waterloo is not responsible for lost or stolen gear.

WHERE TO GO...

For your swimmer's first workout, please stop by the front desk and ask for one of them to show your child where to go on deck. For future workouts, your swimmer will go directly out on deck to their workout group.

SWIM FIT 1 & SWIM FIT 2

Swim Fit 1 (Fridays) and Swim Fit 2 are 45 minute workouts for those looking for a fun, non-competitive workout. It is a great opportunity to improve your swimmer's technique and work on endurance. Swim Fit 1 (Saturdays) is a 60 minute workout.

SWIM FIT 5

Swim Fit 5 is a 75-minute workout offered Monday – Friday for experienced swimmers who want to keep in shape or use this time for their Off Campus PE Credit. This is a much more intense workout for swimmers who have a fairly high level of endurance. We require swimmers to be 13 and up or have coach approval.



PARKING LOT SAFETY & ETIQUETTE

DO NOT DROP OFF SWIMMERS AT THE FRONT DOOR...even if it's raining!

The same is true for picking up swimmers. This causes gridlock and frustration. Please pull up to the RIGHT / BACK side of the building to let them out. If there are cars behind you, please pull further up the RIGHT side of the building. Drive slowly around the building as there may be swimmers doing their dryland workouts.

DRIVE SLOWLY through the parking lot. We have many young children who take swimming lessons in the afternoons. Little ones don't pay attention, so you must!

COACH EMAIL ADDRESSES

Please contact your coaches if you have any questions about programming or about your child's progress.

Coach Amber
amber@waterlooswimming.com

Coach Eegan
eegan@waterlooswimming.com

SWIM MEETS FOR SWIM FIT!

We will be hosting swim meets for our Swim Fit swimmers. These are a great way to get a taste for competition and to see how our swimmers are progressing with their fitness goals.

CONSIDERING SWIM TEAM?

If your swimmer would like to move to the competitive team, the following steps must be completed:

Swimmers under Age 12 to move to Bronze 1

- Consistently attend practices at least twice per week
- Talk with your Swim Fit Coach about wanting to move to Bronze 1
- Swim Fit Coach will assess your swimmer's ability to meet team requirements
 - Legal and endurance for the competitive strokes
 - 3 x 50 yards freestyle
 - 3 x 50 yards backstroke
 - 1 x 25 yards butterfly
 - 1 x 25 yards breaststroke
 - Legal flip turns for all strokes
 - Standing dive off the deck with fingertips first, toes last
- Swim Fit Coach will recommend the swimmer to the Swim Team coach based on the requirements to move to team
- A tryout may be set up between the coaches and the swimmer
- Approval by both coaches to move to the team. Swimmer will be moved at the beginning of the following month, based upon availability.

Swimmers ages 13 and up to move to Junior Varsity

- Swimmers wanting to transition to JV must be enrolled in Swim Fit 5 to build endurance and continue with stroke technique. If your swimmer is wanting to move to the Varsity group, there will be additional timed test sets that must be met.
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- Swim Fit Coach will assess your swimmer's ability to meet team requirements
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MEET YOUR COACHES!

COACH AMBER



Hi, I'm Amber Mitchell and take great pleasure being part of the Waterloo team. I have been coaching swimming for over 10 years and have always

had a love for the water. I am a Longhorn graduate and I enjoy sharing my passion of teaching and love of swimming with others. I believe that as a coach it is not only my responsibility to teach our kids to swim, but to teach them to be the best individuals that they can be. My personal philosophy is to always try your best and work hard in everything you do. I am dedicated to each swimmer's interests and development. I am dedicated coach, backed by a dedicated team, who will strive to create dedicated swimmers.

COACH EEGAN



Hi, I'm Eegan. I came from Columbia, Missouri where I attended the University of Missouri. While I was there, I competed for the Tigers in both the Big-12 and Southeastern

Conference. During my swimming career, I broke five school records: 4 individuals and 1 relay. I was voted MVP of my freshman year and I was also invited to Division 1 NCAA championships 3 times in a row. After my time spent in Columbia, I graduated with a B.S. in Parks, Recreation and Sport. Outside of swimming, I enjoy watching football and hanging out with friends. Hope to see you out on pool deck!

