

All about the

Flower Valley Pre-team!



The Flower Valley Pre-Team is a unique, fun program for our younger swimmers. The pre-team offers a high ratio of coaching staff to children to ensure that our youngest swimmers receive special attention. Swimmers must be 3 years of age by the first day of pre-team, and **must be willing and able to fully participate in the program**. All children will be evaluated by the coaching staff during the first week of pre-team.

The Tadpole 1/Tadpole 2 program is open to emergent swimmers who cannot yet swim the full length of the pool (25m). The Polyzogg program is for those children who can swim the full length of the pool (25m), but have not met the qualifying times of the swim team. Polyzoggs are eligible to participate in the B meets once they meet the qualifying time for any of the strokes. All Pre-Team swimmers will participate in a fun "Mini Meet" and celebration at the end of the season.

FIRST DAY: Monday, June 17 @ 8:30am (Evaluations only)

Regular Pre-team Practice: Monday, Tuesday, Wednesday, Friday
(No practice on Thursdays)

- 8:30 to 9:00 - Tadpoles 1
- 9:00 to 9:30 - Tadpoles 2
- 9:00 to 9:45 - Polyzoggs

The pre-team "Mini-meet" will be held the morning of Friday, July 19th

Costs:

Swimmer Fee: \$70 per swimmer

Plus Family Fee: \$125 *per family* (if not already paid through FVST)

Checks payable to FVST or online via Team Unify

<http://fvbrc.com/swim-team/>

For more information contact:

Bridget Cooke (301) 655.1530

Jeremy Sommers (301) 385.2140

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Swimmers who have completed 7th grade and are interested in becoming pre-team coaches, please contact head coach Claire Lyhus clairelyhusss@gmail.com