

## 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](mailto: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:



- Center snorkel
- Kickboard
- Fins

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.

### 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 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:

- Consistently attend practices at least twice per week
- 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.



### PARKING LOT SAFETY

We have lots of young children at our facility. **PLEASE DRIVE SLOWLY!!!**

If you are dropping off your swimmer for practice, **please only drop them off and pick them up on the right side of the building** so the parking lot does not get backed up.

Please pull all the way into your parking space, to the bumper to maintain safe space through the driveway.

### COACH AMBER



Coach Amber is a certified USA Swimming Coach, certified Red Cross trainer and an integral part of Waterloo's Swim Fitness development since 2016.

Amber came to us with over 10 years of swim coaching and fitness expertise. She is dedicated to her fitness swimmers and helping them to reach their fitness or competitive goals. We genuinely appreciate her positivity and commitment. Contact [Amber Mitchell](#) for questions.

### COACH BRANDON



Coach Brandon started as a young instructor back in 2016. Waterloo has watched Brandon develop into a fine young adult and we're proud that he has returned to us throughout

his time in high school and in college. Brandon loves cars and teaching our customers how to swim and how to swim better. Contact [Brandon Gregory](#) for any questions.