

## Who

All Boys and Girls  
 age 7-14  
 who can swim 25 yards non-stop  
 on both their front and on their back.  
 (1 length of the pool)

## When

Mondays, Tuesdays and Thursdays  
 6:00 - 7:00 pm  
 Starts: June 29      Ends: July 30

## What

- \*A fun filled swimming program for youth who want to swim better and faster.
- \*No competitive experience necessary.
- \*The emphasis is on the **FUND**amentals of swimming **FAST!**

### Each practice includes...

- work on all 4 competitive strokes  
 (Freestyle, Backstroke,  
 Breaststroke, Butterfly)
- games and relays
- learning to race
- starts and turns
- teamwork and team building skills
- Fun, Fun, Fun

### Coaches

GVSU varsity swimmers  
 and  
 aquatic staff.

### Where

All sessions meet at the  
 GVSU pool.

### A SWIM MEET EVERY THURSDAY!

- low pressure, fun competition,  
 by abilities levels,  
 with our own team members
- all meets are at the GVSU pool
- a new kind of meet every week  
 (new strokes and new distances)

## Cost

Registrations received by June 22nd

**\$70** per person

2nd person in family is **\$50**

and all others in the same family are **\$45.**

**Registrations received after June 22nd will be \$5.00 additional per person.**

Fee includes team T-shirt and all meets.

Detach the registration form below  
 and return with your check to:

Junior Swim Team  
 c/o Andy Boyce  
 Grand Valley State University  
 Allendale, MI 49401

## More Information?

Call Andy Boyce,  
 Aquatic Coordinator  
 331-2912

## Enrollment is Limited

### GVSU 2009 Junior Swim Team

#### Registration Form

(one swimmer per form please)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

T-Shirt size (adult sizes)    \_\_\_\_\_ Small    \_\_\_\_\_ Med.    \_\_\_\_\_ Large    \_\_\_\_\_ XL

Amount Enclosed

Make Checks Payable to  
 GVSU

2008



**Jr Swim Team**

Grand Valley State University Aquatics  
1 Campus Drive  
Allendale, MI 49401