



VENTANA CANYON SWIMMING

FALL 2025 PARENT PACKET

Dear Current and Prospective Green Wave Parents, Guardians and Athletes:

The 2025 Fall USA Swimming Season is officially upon us! I must say, this is my favorite time of year for so many reasons - swimming, seeing old faces and welcoming the new to the team, and...football, just to name a few!

On that note, here are a few things to know/do right off the bat:

1. **Parents Meeting is Tuesday, August 12th at 5:30pm at The Lodge at Ventana Canyon**
6200 N. Clubhouse Lane
Tucson, AZ 85750
Conference Room TBD – stay tuned
2. The Fall USA Swimming Short Course Season goes from August to March. If your athlete does NOT want to participate in USA Swimming Sanctioned meets, they do not have to*. If your athlete would like to swim in these USA Swim Meets but are not already enrolled in Team Unify as a Ventana Canyon Swim Team Athlete (or your athlete is in Team Unify under another team and needs to transfer) please reach out to me directly asap.
3. I will post our meet schedule at the pool, as well disseminate via email, before our first practice.
4. Ventana considers ability, not age, when determining each athletes' practice group assignment. Athletes will be assigned to a group for the first week and any adjustments will be made at the coaches' discretion.
5. **Our first practice is Wednesday, August 13th. This will be the only Wednesday that Bronze & Bronze Elite will practice. Going forward, Bronze & Bronze Elite will only practice on M, T, TH, F.**
6. Complete the Ventana Canyon Swim Team Waiver and Code of Conduct (one per household) and return to me or Coach Molly prior to getting in the water! Be sure to provide your cell phone number as well as initials to agree to receiving text messages regarding team information.
7. Dues are paid monthly and do not include swim meet fees. We charge ½ of the monthly dues for August and December – as we start mid-August and break for 2 weeks over the December/New Years Holidays.
8. Download the TEAMREACH APP on your cell phone for Communications from the coaches. It is great for things like weather updates, last-minute updates, reminders, etc. You can find TEAMREACH in the APP library on your phone. Search for the Group Code VCSwimming and request joining. One of the administrators will accept the invitation request and voila!
9. **NO PRACTICE on the FOLLOWING DAYS:**
Labor Day: Monday, September 1st, 2025
Veteran's Day: Monday, November 11th 2025
Thanksgiving Break: Thursday, November 27th – Sunday, November 30th, 2025
Holiday/New Year Break: Sunday, December 21st – Sunday, January 4th, 2025

Thank you and ROLL GREEN WAVE!

Head Coach Sam Busch

*See Group Descriptions – Gold Elite and Silver Elite ARE expected to swim in USA Swimming Meets throughout the season.

BRONZE

Ages 5 - 8

Monday, Tuesday, Thursday, Friday: 4:00pm - 4:30pm

The focus of Bronze will be fine-tuning freestyle and backstroke as well as the introduction to breaststroke and butterfly. The primary goal for this group is to foster a love for the sport of swimming and team sport participation. This group will work on things like proper breathing techniques, dives/starts, and LOTS of kicking. The prerequisite for entering this group is for each athlete to legally, safely complete a 25-yard pool length of both freestyle and backstroke. When swimmers leave this group, they should be able to perform a legal, safe 25-yard pool length of all four strokes as well as the proper dive start for all four strokes.

Required Equipment:

Cap

Goggles

Racing Swimsuit

Short fins - 1-3"

Kick Board

Water Bottle

Monthly Cost - \$150 for non-members, \$125 for members.

BRONZE ELITE

Ages 7 - 9

Monday, Friday: 4:00pm - 5:00pm

Tuesday, Thursday: 4:00pm - 4:45pm

The focus of Bronze ELITE will be fine-tuning all four strokes, as well as starts, turns and finishes. The primary goal of this group is to increase the level of training – conditioning, drills, etc – in preparation for both meet participation and for the workload of Silver. All athletes will leave this group able to complete a 50-yard lap of all 4 strokes legally and proficiently. Athletes should also leave this group with a better understanding of what skill level they would like to work towards in the sport of swimming.

Required Equipment:

Cap

Goggles

Racing Swimsuit

Short fins - 1-3"

Kick Board

Water Bottle

Youth Pull Bouy

Monthly Cost - \$155 for non-members, \$130 for members.

SILVER

Ages 8 - 12

Monday, Tuesday, Thursday, Friday: 4:45pm – 6:00pm

Wednesday: 4:00pm - 5:30pm

This focus of Silver is the understanding of the ‘why’ behind techniques for all four strokes, as well as learning and executing aerobic and anerobic conditioning. Our practice schedule will be designed around a specific effort each day of the week: Ex: Mondays – Freestyle, Tuesdays – Kick, Wednesday – IM, etc.

Swimmers will be expected to be aware (or become aware) of their times, learn how to get their heart rates, and more. Swimmers should leave this group feeling like they have the tools to train and improve and feel excited knowing that swimming is their primary sport (or one of two primary sports/activities).

Athletes should show up to practice on M, W, F in athletic socks and shoes with a jump rope and yoga mat for dryland, in addition to all other required equipment.

Required Equipment:

Cap

Goggles

Racing Swimsuit

Fins

Kick Board

Pull Bouy

Center-mount snorkel

Water Bottle

Mesh Equipment Bag

Jump Rope

Yoga Mat

Athletic Shoes and socks for dryland days

Monthly Cost - \$160 per month, Members - \$135

SILVER ELITE

Ages: 8 - 12

Monday, Tuesday, Thursday, Friday: 4:45pm – 6:00pm

Wednesday: 4:00pm - 5:30pm

Saturday: 6:00am -7:30am

This is our highest-level of 12 and Under Athletes and is constructed for athletes aspiring to swim and compete at the national level.

There are 6 practices offered a week. Swimmers in this group should consider swimming their primary sport.

Athletes are expected to compete in every qualified meet on the team schedule.

Athletes should show up to practice on M, W, F in athletic socks and shoes with a jump rope and yoga mat for dryland, in addition to all other required equipment.

Required Equipment:

Cap

Goggles

Racing Swimsuit

Fins

Kick Board

Pull Bouy

Hand-Paddles (optional)

Center-mount snorkel

Water Bottle

Mesh Equipment Bag

Jump Rope

Yoga Mat

Athletic Shoes and socks for dryland days

Monthly Cost - \$170 per month, Members - \$155

GOLD

Age 13+

Monday, Tuesday, Thursday, Friday: 6:00pm-7:15pm

Wednesdays: 5:30-7:15pm

Gold is our intermediate training group for 13 & up athletes. Placement in this group is for swimmers 13 & over who should be able to swim all four strokes and have competitive swimming experience. Athletes in this program are taking steps towards a higher-level competition and excel during their HS swim season.

Athletes should show up to practice on M, W, F in athletic socks and shoes with a jump rope and yoga mat for dryland, in addition to all other required equipment.

Required Equipment:

Goggles

Fins

Center-mount snorkel

Kick Board

Pull Buoy

Water Bottle

Mesh Equipment Bag

Hand-Paddles

Jump Rope

Yoga Mat

Athletic Shoes and socks for dryland days

Monthly Cost - \$180 per month, Members - \$165

GOLD ELITE

Age 11+

Tuesday, Thursday: 6:00pm - 7:30pm

Monday, Wednesday, Friday: 5:30-7:30pm

Wednesday: 5:30am - 7:00am

Saturday: 6:00am -7:30am

The group is our highest-level training group and is designed for athletes aspiring to compete at the national level. Swimming should be a top priority for these athletes.

There are 7 practices offered a week, and athletes are expected to maintain 90% attendance.

Athletes should show up to practice on M, W, F in athletic socks and shoes with a jump rope and yoga mat for dryland, in addition to all other required equipment.

Athletes are expected to compete in every qualified meet on the team schedule.

Training Ratio: 80% Work, 20% Technique

Required Equipment:

(Items can be found at Champion Pool & Spa Supply or online at Amazon, Swim Outlet, etc)

Cap

Goggles

Racing Swimsuit

Fins

Kick Board

Pull Bouy

Hand-Paddles (optional)

Center-mount snorkel

Tempo Trainer

Water Bottle

Mesh Equipment Bag

Jump Rope

Yoga Mat

Athletic Shoes and socks for dryland days

Monthly Cost - \$190 per month, Members - \$165

VENTANA CANYON SWIM CLUB
PAYMENT SELECTION

1. Credit Card:

Name on Card: _____

Athlete's Name: _____

Card #: _____ - _____ - _____ - _____

Expiration Date : _____ / _____

CVC Code (3 digit or 4 digits for AMEX) _____ / Card Type: _____

Signature : _____

2. Cash : _____

3. Check : _____

4. Member Charge : _____

VENTANA CANYON SWIM TEAM CODE OF CONDUCT

The following Code of Conduct is to promote individual and team excellence both in and out of the water.

As the parent/guardian of an athlete(s) on the Ventana Canyon Swim Team (VCST), I have reviewed the following with my athlete(s) and we collectively agree to abide by the standards of conduct outlined below.

“As an athlete on the VCST:

1. I will not utilize any of the private Ventana Canyon Facilities and Amenities beyond swim practice in the lap pool, bathroom needs and immediate post-practice shower usage. Ventana Canyon Country Club plastic cups and the resort pool/spa on the west side of the lap pool are strictly off limits without explicit approval from either Coach Sam or Coach Molly directly.
2. I will not abuse the privilege of having access to the bathroom and shower at Ventana Country Club. This includes using more than one towel per practice, leaving wet and used towels in a shower or toilet stall or any place other than designated used towel bins, excessively using shower and bathroom products provided, or making a mess with any or all the above.
3. I will conduct myself in a respectable, responsible manner and display sportsmanship towards fellow team members, fellow competitors, coaches, officials, parents, facility staff, and the public.
4. I will not engage in any inappropriate physical, social or emotional contact with/towards any fellow team member, competitor, coach, parent, sibling, facility staff or public.
5. I will not use obscene, profane, or abusive language in the presence of any swimmer, parent, sibling, coach or public while engaging in any practice, meet or team activities.
6. I will refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.”

Failure to comply with this Code of Conduct may result in a swimmers’ restriction from participating in some or all team activities including practices or team bonding, and possible suspension or removal from the VCST program.

X _____
Parent/Guardian Signature and Names of Athletes

X _____
Date

Release of Liability - Ventana Canyon Swim Team

To provide an affordable swim team for youth, The Lodge at Ventana Canyon ("The Lodge") requires that this Release of Liability ("Release") be completed by every athlete's parent or guardian and returned to the Ventana Canyon Swim Team ("VCST") Coaching Staff PRIOR to your athlete(s) FIRST DAY OF PRACTICE. Only one Release required per family/household. Athletes will not be allowed on the pool deck without an executed and submitted Release. *Please make a copy for your records.*

Parent/Guardian Information:

Name(s): _____

Address: _____

Contact Phone Number(s): _____

(PLEASE INITIAL IF YOU CONSENT TO TEXT MESSAGE COMMUNICATION: _____)

Email(s): _____

Athlete Information:

(PLEASE INCLUDE ATHLETES FULL NAME INCLUDING MIDDLE)

SWIMMER#1 _____

DOB: _____ **AGE:** _____ **PREFERRED NAME:** _____

SWIMMER #2: _____

DOB: _____ **AGE:** _____ **PREFERRED NAME:** _____

SWIMMER #3: _____

DOB: _____ **AGE:** _____ **PREFERRED NAME:** _____

Parent/Guardian Signature

Date