

HOW IS THE SFTL PROGRAM STRUCTURED?

The **Swim Fort Lauderdale (SFTL)** program is designed to enable each of its swimmers to systematically progress from the beginning to the elite level of performance by establishing clearly defined priorities, training plans, and performance standards for each level of instruction. Training groups are organized so that all of the swimmers in a particular group will be compatible with respect to age, training ability, and commitment levels. The emphasis in the early stages of development is placed on skill and attitude development. As the swimmers progress, a more demanding physical and psychological challenge is gradually introduced. The commitment level ranges from approximately two hours per week for the young beginner to "whatever it takes" for the aspiring Olympian. Although participation through all of the levels of instruction is the goal for every swimmer, each level will provide a valuable and rewarding experience in its own right.

WHY SHOULD I JOIN SFTL?

- **Tradition of Excellence:** SFTL was first established in 2012 and quickly became a nationally prominent program. Since its inception, this program has contributed to the training and development of swimmers who have won at the LSC level, been on Zone teams, went on to swim in college and qualified for Olympic Trials.
- **Developmental Emphasis:** The focus is on personal development within the framework of a strong team orientation. All levels of the developmental process are considered to be equally important, regardless of age or ability.
- **Professional Staff:** SFTL is committed to providing its swimmers with a staff of highly skilled and qualified coaches.
- **Excellent Facilities:** SFTL is provided with a state-of-the-art facility (2x50 meter pools, 4x25 yard pools and 1x25 meter pool, plus a weight/fitness room).
- **Educational and Travel Opportunities:** Depending on the level of development, travel within the state and throughout the US may be available to our swimmers for competitions, clinics, training camps, etc.
- **Social Activities:** Awards banquets, bowling parties, barbecues, picnics, recreational outings, etc.
- **Family Environment:** SFTL's unique facilities and program philosophy are very conducive to family participation. Parents and siblings are considered to be an important part of the SFTL "family."

WHAT IF I AM NOT SURE THAT I AM QUALIFIED OR READY TO JOIN?

After a brief conversation, the SFTL coaches will be pleased to place new swimmers in the most appropriate training group for a free try out.

HOW CAN I GET MORE INFORMATION ABOUT Swim Fort Lauderdale?

- Please call the office at: 954-828-4589 954-828-6150
- Stop in for a visit at: 501 Seabreeze Blvd, Fort Lauderdale, FL 33312
- Website: www.swimfortlauderdale.com