

UTAH VALLEY AQUATICS

P.O. Box 1964
Provo, UT 84603
uvrays.org



UTAH VALLEY AQUATICS CLUB INFORMATION

Utah Valley Aquatics, Inc., or UVRays, is a year-round swim club. The team is registered with USA Swimming, which is the national governing body of competitive swimming in the United States. This means we function under the rules and regulations of USA Swimming. Utah Valley Aquatics was created in late-2004 when the Springville Seals Aquatic Team (SSAT) and the Provo Aquatic Club (PAC) merged under the direction of then Seals Head Coach and former UVRays Head Coach: Shari Clark Skabelund.

Utah Valley Aquatics strives to foster the development of each swimmer's ability, desire, and discipline to achieve her or his full potential in and out of the pool. This is accomplished by:

- Providing consistent and engaging workouts.
- Hosting and attending competitions with continuing instruction and feedback.
- Hiring and retaining coaches who give swimmers every opportunity to achieve excellence.
- Setting and achieving goals.
- Building positive swimmer/swimmer, swimmer/coach, and swimmer/parent/coach relations.

Because of the high interest in Utah Valley Aquatics, there are minimum performance expectations required of all swimmers. These minimums relate primarily to workout attendance (80 percent or more), meet participation (1-2 per month, depending on group and coach's advice), attitude, and cooperation. Coaches periodically evaluate UVRay swimmers and communicate evaluations to swimmers and parents.

Utah Valley Aquatics swims year-round at the pools at the Brigham Young University Richards Building, the Mt. Pleasant Aquatic Center, the Orem Family Fitness Center, and the Provo Recreation Center; all are primarily 25-yard pools (short course). We also do some long-course (50-meter—the Olympic distance) training at the Orem Family Fitness Center. Practice times depend on in which practice group a swimmer participates. Generally, we practice year-round at 4:00-7:00 pm. Our younger swimmers swim up to an hour, 5 days a week, while our more advanced swimmers swim 5-8 times a week for up to 2.5 hours a workout.

Team fees depend on which practice group a swimmer is in. Fees currently range from \$60 to \$140 dollars a month. Meet fees range from \$15-\$75, with most meets around \$50 if a swimmer competes in as many races as possible. There is also an annual USA Swimming (\$95) that is renewed each year in September, and an annual club fee of \$55.

Except for your first quarter with the team, Utah Valley Aquatics asks each family to complete 5 volunteer/service hours per quarter (Sept-Nov, Dec-Feb, March-May, June-Aug).

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This requirement can be met by volunteering at meets (timing, award labeling, meet marshaling, etc.) or other opportunities as they arise. If you attend meets, these hours are easy to achieve. If you are unable to fulfill these hours, you are charged \$50 per uncompleted hour (effective September 1, 2023). Swim Schoolers and College students do not have to meet this requirement.

Finally, each family has an annual \$50 per swimmer fundraising obligation. The team holds an Orange Fundraiser each year; the money earned through that effort goes towards the obligation, or swimmers can raise their own funds to meet the fundraising requirement. We invite Swim athletes to participate in the fundraiser, but they are not required to do so.

If at any time you have questions about our club do not hesitate to email our club admin at uvrays.admin@gmail.com.