



Mission Statement

“To empower young people to be champions in and out of the water for a lifetime.”

Our Vision

The Spokane Waves Aquatic Team strives to provide a quality program based on values promoting positive character development. Emphasis is placed on family participation, encouraging faith and diversity within the community, and building strong relationships within the family. By emphasizing proper stroke technique, providing aerobic training sets, and promoting high self-esteem, self-discipline, and good sportsmanship, the team aims to provide opportunity for all members to set and attain goals at all levels of swimming, both individually and as team players.

Inland Empire Swimming:

Spokane Waves is a year-round USA Swimming Club with swimmer's practicing from mid-September to mid-August. We are one of 22 teams that make up Inland Empire Swimming; our *Local Swimming Committee, or LSC*. IES is part of the Northwest Section which is part of the Western Zone. The USA is divided into four swimming zones. So we're part of a national organization!

S P O K A N E W A V E S
A Q U A T I C T E A M

Visit us at:

www.spokanewaves.org

For swimmer placements

Please contact Kevin Wang, Head Coach

Phone: 509-230-7006

Email: KevinWang@spokanewaves.org



AQUATIC TEAM



509-230-7006

S P O K A N E W A V E S A Q U A T I C T E A M

Welcome To Spokane Waves!

ABOUT WAVES:

The Spokane Waves Aquatic Team is a highly successful swim team with more than 135 participants. Our swimmers are proud to swim at Whitworth University; home of The Whitworth Pirates Swim Team. We are a non-profit competitive swim team associated with Inland Empire Swimming and USA Swimming. SWAT is a year-round program providing monthly opportunities for competition.

FAMILY INVOLVEMENT:

SWAT relies heavily on the participation and work of volunteers. The involvement of parents is necessary to minimize expenditures and to maintain a successful program. Close knit families are often associated with the sport of swimming. There is something for even the busiest of parents!

S P O K A N E W A V E S
A Q U A T I C T E A M

WAVES WILL PROVIDE YOU WITH:

- *A FUN opportunity to compete at all fitness levels!
- *An excellent workout and fitness opportunity.
- *The opportunity to make friends who also love to swim.
- *Coaching by committed and qualified staff who like to have FUN!
- *The ability to build confidence while learning about water sports and safety.

TO JOIN THE WAVES YOU MUST:

- *Love to Swim!
- *Meet with the head coach for a tryout
- *Have good attendance at turnouts
- *Have the ability to work with and learn from the coach
- *Have the desire to be a team player
- *Demonstrate a positive attitude and work ethic
- *Have the desire to have FUN!

TRYOUTS: Prospective swimmer's should meet with the head coach to determine what practice group he or she will feel the most comfortable with. Placements are scheduled by the head coach usually before or after weekday practices.

GROUP SCHEDULE & FEES: Practices are held at Whitworth College M-F between 5:15&8:30PM and Sat. 7-9AM.. Swimmers are placed by both age and ability in one of five groups. Monthly fees listed below are yearly fees pro-rated as nine monthly installments. Additional fees: \$25 Team registration fee, \$59 USA swimming registration fee. Also, monthly meet entries cost \$10-30.

<u>LEVEL</u>	<u>\$/MO</u>	<u>HR/WK</u>
Ripples	\$55	2-4 HRS
Development	\$75	4 HRS
Juniors	\$90	6.5 HRS
Regionals	\$105	9-10 HRS
Seniors	\$155	15-20 HRS
MastersI	\$50-75	6-10 HRS

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