



Introduction to Utah Valley Aquatics

www.uvrays.org

Introduction

UVRays, or Utah Valley Aquatics, is a year-round swim club. We are different from summer recreation leagues in that our training is year-round versus a two month duration. The team is registered with USA Swimming, which is the national governing body of swimming in the United States. This means we function under the rules and regulation of that governing body. The UVRays swim team was created in 2004 when Springville Seals Aquatic Team (SSAT) and Provo Aquatic Club (PAC) merged under the direction of Head Coach Shari Skabelund. The aim of the team includes helping swimmers improve their swimming abilities, develop stroke technique, strength, and endurance. UVRays hope that as swimmers participate, they will have fun, learn to swim better, make good friends, become more fit, and learn lifelong skills of setting goals, teamwork, and the value of hard work and dedication.

Quick Overview of Team

- Year-round, or club swimming, as it is often called, is divided into two seasons: Short Course season (September - March) and Long Course season (April - August).
- The coaches train the swimmers according to a seasonal plan. This plan includes building the swimmers up throughout the season and then "tapering" for the end of season championship meets. This is why enrollment is limited to certain times of the year.
- Swimmers are placed according their ability and endurance, not their age
- The team is designed to facilitate growth in a wide range of swimmers from beginning swim team members (not beginning swimmers) to "elite" competitors who attend out-of-state championship meets.
- Excellent coaching is the team's biggest asset. The UVRay coaching staff has more than 30 years coaching experience, including a USA Swimming level four head coach.
- The team employs a part-time administrator. The remaining work is done by parent volunteers, including the team Board of Directors.

Mission Statement

Utah Valley Aquatics fosters the development of each swimmer's ability, desire, and discipline to achieve his or her full potential in and out of the pool.

This is accomplished by:

1. Providing consistent and engaging workouts as well as competitive opportunities.
2. Building positive relationships.
3. Hiring and retaining coaches who give swimmers every opportunity to achieve excellence.
4. Setting and achieving goals.

Vision Statement

Develop swimmers of character. How you work today is what you become tomorrow.