

The North Palm Beach Swim Club Presents.... **....an Introduction to Competitive Swimming**

The North Palm Beach Swim Club is a member of Florida Gold Coast Swimming, Inc. FGC Swimming, Inc. is the Local Swim Committee for United States Swimming. USA-Swimming is the National Governing Body for Competitive Swimming in USA.

How is Competitive Swimming Organized?

United States Swimming governs competitive swimming in the United States. They are charged with selecting the Olympic Team and other National Teams that compete internationally. There are 59 local swim committees that make up USA-Swimming. The local swim committees accomplish their goals through the efforts of local swimming clubs, such as the **North Palm Beach Swim Club**. There are roughly 50 swimming clubs in the Florida Gold Coast, which geographically covers what we think of as "South Florida", Palm Beach County through the Keys. Each club is an independent entity, voluntarily bound by the rules and regulations of the Florida Gold Coast and USA-Swimming.

Most swimming parents who have been involved in other youth sports will tell you that competitive swimming is the most organized youth program in the nation. Experts consider the USA swimming program, from top to bottom, to be the best in the world.

Who Operates Our Club?

The North Palm Beach Swim Club is owned and operated by the present swimming coaches. Dick Cavanah has been with the NPB Swim Club since 1975. John Engelhardt and Alf Aguirre joined the coaching staff in 2004. Coach Cavanah swam for the Univ. of Missouri and began his coaching career in 1971 in Columbia, Missouri. Coach Engelhardt began coaching in 1978 in Miami with the Stingray Swim Club and Coach Aguirre comes from Miami Springs where he coached and ran Miami Springs Aquatic Club since 2000. Joining the staff in the busy summer months will be several young & energetic intern coaches. The coaches have the responsibility of running the swimming end, as well as the business end of the swim club.

What Will My Child Gain from Competitive Swimming?

Age Group Swimming has been in existence in the United States for over sixty years. The benefits to youth are well researched and proven. Some of these are:

1. **Safety**. There is no youth sport that is safer than competitive swimming. In addition, the acquisition of greater swimming skills is in itself a major lifetime safety benefit.
2. **The Learning of Skills**. Children gain a tremendous number and quality of water skills from competitive swimming. The medium of water itself is fascinating, and learning what you can do to move effectively through it is a marvelous benefit. This translates in later life to a myriad of activities that can be done safely on or in the water.
3. **Fun**. Competitive swimming is a very enjoyable activity with great opportunities to make new friends and enjoy wonderful social interaction with them. This is true for families as well as children. Most parents who have been in the sport a while will tell you that one of the best things about the sport is the friends you make.

4. Association with quality people. The children your swimmer will associate with in the sport of swimming are outstanding people, as are their families. Swimmers are superb students, due in part to some of the things they learn in swimming. In an age where we all worry about who our children spend time with, swimming is time spent with quality companions.
5. Swimming is coached by professional coaches. No other sport has the quality of coaching that is present in swimming. History, tradition, and a coaching certification program ensure that your child will be with a professional. There are no volunteer "little league coaches" in swimming. We're proud to be professional in the coaching of the sport, and proud to be a part of helping your child mature.
6. Swimming is a year round sport. Our team doesn't as a rule take a break during the year, however, the two beginning levels, Green and White, do take the better part of the winter off when the weather turns unfavorable. The top three training groups swim year round. As you can see the team provides a built in social group for your child as well as the educational and physical benefits.

What Do Swimmers Learn?

In addition to the physical skills that coaches teach, and the improved physical condition that comes with practice and training, there are some values that are an integral part of our sport. Your child will acquire these as they progress in the program.

1. Hard work equals success. In no sport is the work ethic as obvious, or as clear as it is in swimming.
2. Swimming is fair. Your success is measured in part against the time clock, This objective measure contrasts with the subjective evaluation imposed by some other sports. In swimming, what you earn is what you get.
3. Dedication and Commitment. In line with number 2 each swimmer learns to recognize that by dedicating themselves to improvement, and increasing their commitment to the sport, they will succeed to extraordinary levels. They learn quickly what it takes to be good at something.
4. Time Management. Swimmers are better students because they learn to balance practice, social activities and their studies. They spend less time in front of the TV, or "hanging out", and more time in directed activities. This has been proven: swimmers get better grades when in training.... when they have time off, they tend to goof off.
5. Swimmers learn to "compete".... in the sense of the Greek definition of the word..."to strive with". They learn that they will improve by competing with the best...which stimulates them to do their best. They learn to appreciate and respect others who also do their best.
6. Goal Setting. An integral part of the swimming process is the setting and achievement of goals. Your child will quickly acquire the ability to decide what they want to achieve and how to go about achieving it.

These are a few samples of the benefits of competitive swimming for your child. Conversations with present swimming parents will tell you many more "pluses." The Coaches will also be happy to discuss the benefits the North Palm Beach program with you.

The **North Palm Beach Swim Club** Office number is 561-691-3426 or visit our web site at:

www.NPBSwimming.com