



Virginia Run Riptide Fall/Winter Developmental Swim Program 2022-2023

Proceeds, after expenses, will go towards the VR Riptide Scholarship Fund for eligible seniors

This program will provide swimmers an opportunity to continue to develop stroke and turn techniques in preparation for the 2023 summer swim season.

Minimum Swimmer Requirements: ensures safety and proficiency to keep up with the other swimmers in their lane. Swimmers will swim laps, completing a variety of drills, for an hour with very few breaks. The lanes at Cub Run are deep, we will not regularly have in water coach support except to demonstrate technique or teach a new stroke/flip turn.

- All 8 and under swimmers participating must have a time from the 2022 summer season in:
 - 25-meter Free & Back (between 40-50 seconds or faster in each stroke is suggested)
- Swimmers 9 and older must have times from the 2022 summer season in:
 - 50-meter Free & Back (between 55 sec to 1:10 or faster in each stroke is suggested)
- Swimmers will be grouped according to ability
- Swimmers not meeting these minimum requirements are strongly encouraged to keep swimming by taking more traditional lessons offered locally.

Head Coach: Nick McGrath (Volunteer Jr. Coaches will be assigned to each lane)

Dates/Time: Saturday, September 17 to 2022 to May 20, 2023

On deck at 5:55p, practice from 6-7p

No swim dates per Cub Run: 11/26, 12/10, 12/24, 12/31, 1/14, 1/28, 4/8

Location: Cub Run Rec Center, 4630 Stonecroft Blvd. Chantilly VA 20151

Tuition: 28 Saturdays/\$420 per swimmer

HS Swim Meets are planned on 12/10, 1/14 and 1/28. There could be an additional HS meet in February. Since make-up sessions when we get bumped are extremely difficult to schedule with Cub Run we are only charging for 28 of the 29 Saturdays that exist on our schedule to avoid make-up scheduling. We will notify you of additional no swim dates when/if they occur.

Tuition is non-refundable. Acts of nature/weather closures at Cub Run causing cancellation of sessions will not be made-up or credited. Pandemic related suspension of the program will result in a partial credit toward a future VR Riptide Developmental (off-season) swim program hosted at Cub Run. A swimmer that experiences an injury preventing participation mid-session, should contact us for waiver consideration toward a pro-rated refund.

Enrollment: Registration will be on-line through TeamUnify. Link will be e-mailed when available. Payment can be made by credit card (fees apply) or pay by check to VR Riptide Priority registration is given to VR Riptide swimmers from 2022. If space remains after August 15th, swimmers from neighboring pools will be invited.

Waitlist: After max enrollment of 40 swimmers is reached. Priority order by date of request.

Questions: Swim Program Questions: nick@variptide.com
Enrollment Process/Rules: Robin Osterhout at robinosterhout@variptide.com