

# PVAC

## *Palos Verdes Aquatic Club*

The Palos Verdes Aquatic Club is a year-round competitive swim team, chartered through both Southern California Swimming (SCS) and United States Swimming (USS). The team employs a USS certified coaching staff. All of the coaches have a variety of experience working with and motivating children. Other qualifications include extensive backgrounds in competitive swimming; as both coaches and swimmers. The following is general information about PVAC to give prospective members an idea of what the program is about.

**Starting Out:** New swimmers need to have their skills evaluated by a member of the coaching staff so he/she will be placed in a workout group that will meet his/her individual needs. Swimmers should arrive at the pool in their swimsuit, and bring a pair of goggles and a towel. If necessary, there are restrooms available for changing. A parent/guardian should accompany the swimmer the first day in order to complete the necessary paperwork.

**Ages:** 5 years and up: Practices are designed to accommodate different ages and abilities.

**Pools:**  
Palos Verdes High School - 600 Cloyden Rd., PVE (Epping Road & Via Pacheco)  
Palos Verdes PENINSULA High School (corner of Hawthorne & Silver Spur Road)

**Practice:** Please check practice/workout calendar  
\*Green/Silver Groups: (see schedule or website: [www.pvacswim.org](http://www.pvacswim.org))  
\*Gold/Senior Groups: (see schedule or website: [www.pvacswim.org](http://www.pvacswim.org))  
\*Masters/Adult Groups: (see schedule or website: [www.pvacswim.org](http://www.pvacswim.org))

**Fees:** \*\$200 INITIAL Registration: Includes team registration, annual registration & USS card  
\*\$100 Annual Registration (required of all returning team members): Includes USS card  
\*Dues - see PVAC Fee sheet for dues schedule

**Competition:** Swimmers should plan on participating in one meet per month. Meet schedules are handed out at the beginning of each new season (short course season/25 yds and long course season/ 50 yds). Swimmers are expected to attend all mandatory championship swim meets.

**Parents: All families are required to "time" at each meet that PVAC has assigned timing chairs. If you are carpooling to swim meets, please sign up for a timing slot for each swimmer that you bring with you in addition to your own swimmer.**

**Insurance:** United States Swimming requires all swimmers to register with Southern California Swimming within 10 days. This insurance covers swimmers at practices and meets. In order to keep the practices safe, *USS requires that only coaches and swimmers are allowed on the pool deck.* We invite parents to observe workouts from outside of the pool area.

**To register with USS Swimming, swimmers/parents must bring to the pool for the coach to verify:**

- \*Certified copy of birth certificate or passport
- \*Completed USS Registration Form **\*\*MUST BE SIGNED BY SWIM TEAM ADMIN**  
**DO NOT SEND THIS FORM IN - the team representative will send it in for you.**
- \*USS Registration fee is included in the Initial/Annual registration fee

### **SWIMMERS RESPONSIBILITIES:**

1. Be prompt and ready to participate at practices and swim meets
2. Attend workouts regularly
3. Have equipment ready for workouts everyday
4. Listen to and follow coaches' directions
5. Be respectful & courteous to fellow team members, parents and coaching staff
6. Display good sportsmanship and team spirit
7. Be positive and confident

Welcome to the Palos Verdes Aquatic Club! We know you will all enjoy the sport of competitive swimming. You may reach us at: PVAC, P. O. Box 4434, Palos Verdes Peninsula, CA 90274

OR: [www.pvacswim.org](http://www.pvacswim.org)