

Hello, and welcome to another great swim season at CCRC! I'd like to take this opportunity to invite all full club families and new club members to join one of the very best programs CCRC has to offer. The benefits to being a strong swimmer, as well as being a part of a swim team, are numerous. To begin with, there is the obvious safety element. Also, swimming is an excellent way to maintain a healthy lifestyle; there is no more complete body workout that can be enjoyed throughout life, regardless of age or ailment. In addition, being part of a swim team provides an opportunity for individual accomplishments to be recognized while also contributing to the success of the team. For many, summer swimming is a springboard to a successful year round and/or high school competitive sport. Beyond these points, however, there is something special about being a part of the swim team at CCRC. Here, swim team is truly a familial experience, with a consistent and committed coaching staff, swimmers from all across West County who look forward to getting back in the pool together every summer, and families who enjoy catching up after another long winter. Over the years, CCRC's program has evolved into one of the best St. Louis summer swimming has to offer. We strive to offer solid instruction of proper technique and mechanics within a fun and positive atmosphere. While practices are developed for larger groups, individual instruction is always available for those who need it, both in and out of practice. Three separate practices are offered to ensure that all swimmers are placed in an environment that best matches their existing skills. Additional small group stroke clinics are offered all season long to provide another opportunity to improve. Throughout the season, swimmers of all abilities are recognized, some for their swimming excellence, others for their work ethic, and still others for their positive attitude. While winning is great (last year's undefeated season was a proud accomplishment), my primary goal is for each swimmer to enjoy improvements in stroke and speed. Through hard work, good instruction, and positive reinforcement, each swimmer is able to accomplish much while having fun.

For 2010, there are a few changes that I am excited to share. The times of swim practices and tennis clinics are now offered consecutively to allow kids to participate in both. What a benefit for both programs, the kids, and parents (drop your kids at the club for 2½ to 4 hours)! Also, CCRC's swim team will hold a swim-a-thon which will provide the swimmers an opportunity to use their skills to help other children whose health may not allow them to enjoy the same experience.

As I begin my 18<sup>th</sup> year as coach at CCRC, I continue to be thankful for the privilege of instructing so many great kids; watching them grow as swimmers and people is what keeps me coming back year after year. I'm looking forward to another great summer by the pool, in catching up with old swimmers and meeting new ones. I hope you'll consider all the wonderful things CCRC's swim team has to offer YOUR family!

Sincerely,

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