

WVW / FAST Aquatic Club

362 New Grant Street
Wilkes-Barre, Pa
18702-5305



WVW/FAST
Aquatic Club

SPRING / SUMMER ' 2010

FAST
2010

Date: May 10/2010

Times: See inside for details

**Wyoming Valley West
High School
Swimming Pool**



nvtech.com



nvtech.com



nvtech.com



nvtech.com

Program History and Philosophy:

During the past 31 years, the Wyoming Valley West Aquatics programs have been providing opportunities for individuals to learn and develop skills in an environment of excellence and intensity. From novice to elite, we have been continuously competitive at all levels. From learn to swim to swimming to diving to water polo, we have enjoyed success locally to nationally. Our goal is to develop and assist each individual to reach his/her potential. We look forward to you joining us in our

“ Tradition of Excellence “

The Wyoming Valley West High School 25 yard indoor pool is utilized for all aquatic training. This state of the art facility guarantees each individual a comfortable atmosphere.

Direct all Questions to :

WVW / FAST - Water Polo - Learn to Swim

Diving - Winter Age Group

- Frank Tribendis
- Pool - 570 . 779 . 5361 ... (pool) after 4:00 pm
- Home - 570 . 822 . 9265
- Email - fvt315@netzero.com

Summer Water Polo 2010

High School and Adult Summer Water Polo will begin on Thursday, June 10, 2010. It will continue through the Summer on Thursday Evenings from 5:30 pm to 7:00 pm. We will be running Wyoming Valley's 4th season of Summer Water Polo. This is open to everyone ages 13 and up. Men and Women will be mixed on teams. Fees are \$10.00 per individual.

WVW/FAST Aquatic Club Dates:

Pre-Summer Session:

- May 10,11,12,13,17,18,19,20,24,25,26,27, June 1,2,3
- FAST Pre-Summer Practices - 4:30 pm to 6:30 pm
- Cost \$160.00 - checks payable to “FAST”
- Fee is for entire season only

Summer Session:

- June 15,16,17,18,19,22,23,24,25,28,29,30
- July 1,2,5,6,7,8,9,12,13,14,15,16,19,20,21,22,23,26, 27,28, 29,30

FAST Summer Team Practices
7:00 am to 9:30 am

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NO PRACTICE - June 7,8,9,10,11,14
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We will provide and develop each individuals:

- Advanced starts, turns, and finish strategies
- stroke development and mechanics
- Provide specific stroke mechanics, race strategies
- Video Taping
- Periodically provide an elite guest clinician
- Have fun in a learning environment
- Swim Meets available

**•Scheduled Swim Meets -
June 19, July 22,23,24**

•July 29 to August 7—AAU Jr Nats

**•July Special—Team Termin Video
with Velocity Meter Testing—Cost TBA**

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Water Polo Summer League Dates

- June 10,17,24 July 1,8,15,22,29
 - 5:30 pm - 7:00 pm
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AQUATIC REGISTRATION - SUMMER 2010

Registration Form :

Last Name:

Athlete: _____

Parent's Name: _____

Street: _____

Town: _____ Pa., Zip: _____

EMAIL: _____

Phone:

Home: _____

Emergency: _____

Athletes:

First _____ MI ___ DOB ___/___/___

First _____ MI ___ DOB ___/___/___

First _____ MI ___ DOB ___/___/___

My children have no restrictions for aquatic training

and activities. If there is any questionable health issues,

I will discuss them with the coach. I understand that I may

be required to obtain my Doctor's permission for my child

and /or children to participate in WVW/FAST Aquatic Activities.

I also agree to notify the coach of any changes in my children's medical history.

Parent/Guardian:

Cost \$160.00 - Checks made to “FAST”

Dated : ___/___/2010

Coaches Signature:

Bring all checks and registration forms with you to Practice.