

## HRVST Stevenson Branch

Greetings Stevenson Community,

Not only has our pool reopened, we are ready to introduce another addition: Stevenson's Branch of the Hood River Valley Swim Team!

HRVST Stevenson Branch is for children/teenagers of all ages and skill levels looking for a sport to compete in, good exercise, or just a way to improve knowledge of swimming while also gaining experience. As we are a swim team, our swimmers will be divided by skill level where they will focus on developing technique, learn competitive swimming rules, and enhancing all around swimming knowledge. The Club swimmers will get a feel for competitive swimming and will have several Mini-Meets against the HR Branch, where they may participate in a number of different events as well as learn about swim times and racing, as well as combined practices at both the Maywood Aquatic Center and the Stevenson Community Pool.

### Prerequisites

Stevenson Branch HRVST, is a program devised for competent swimmers to expand their skill set, and therefore has prerequisites such as:

- Must be able to swim one half to one length of the pool freestyle, face in the water.
- Must be able to swim one half to one length of the pool backstroke.
- Be comfortable in the water for an extended period of time.
- Understand and be able to follow all rules and safety measures.

*Skills that are not required, but are helpful:*

- Ability to tell time.
- Have knowledge of side breathing.

### Uniforms

As a Competitive Swim Club, we require participants to encompass all aspects of the competitive swimming culture, including proper swim attire. This includes:

- One-piece swimming suit for girls, preferably racing suit (no bikini's).
- Swim shorts for boys (jammer or speedo preferred).
- Swim cap (mandatory for girls)
- Goggles (required for everyone).

Both swimming caps and goggles can be purchased at the Stevenson Community Pool. When you make any purchase at the Stevenson Community Pool, the profit goes back into supporting the pool and our local community. Suits, goggles and caps can also be purchased at the Maywood Aquatic Center in Hood River, or online at [swimoutlet.com](http://swimoutlet.com).

## Fees and Pricing

Registering for HRVST provides the swimmers with an Aquatic Coach, a lifeguard, and one or more dedicated lanes for lap swimming. We have monthly installments with many different pricing options dependent upon age and swim group your child is in.

- Non-negotiable fee of \$25.00 per family is required annually by the HRVST.

### Options for Meets

USAA swimmers insurance is REQUIRED by all swimmers wishing to compete. The options for pricing and competing per swimmer are listed below.

1. FLEX membership: \$20.00/ year – includes competing in TWO meets below LSC (state) championship level.
2. Full Registration: \$70.00/ year – eligible to compete in all meets throughout the year.
3. Low Income pricing: \$5.00/year for full registration, must meet low-income standards to qualify.

**Novice Group:** Two day/week option \$45.00 per month.  
Three day/week option \$55.00 per month.

**Bronze Group:** 2 day/week option \$52.00 per month.  
3 day/week option \$64.00 per month.

**Silver Group:** 3 day/week option \$64.00 per month.  
4 day/week option \$75.00 per month.

## Practice

Swim Team will have practice Monday – Thursday from 4:15pm – 5:15pm. Practice schedule is listed below by each grouping.

### Novice Group

**Opt 1:** Tuesdays & Thursdays from 4:15pm – 5:00pm

**Opt 2:** Tuesday – Thursday from 4:15pm – 5:00pm

### Bronze Group

**Opt 1:** Monday & Wednesday from 4:15pm – 5:15pm

**Opt 2:** Monday-Wednesday from 4:15pm – 5:15pm

### Silver Group

**Opt 1:** Monday, Wednesday & Thursday from 4:15pm-5:15pm

**Opt 2:** Monday – Thursday from 4:15pm – 5:15pm

## Group Options

**Novice Group:** This group is for ages 10 and under. Those in the Novice Group have the option of either two or three 45 min. practices a week. This group will focus on building strong technique and fundamentals, as well as gaining endurance.

**Bronze Group:** This group is for ages 11-14. Those in Bronze group are beginner to intermediate in their swimming. This group is more focused on the perfecting of all stroke technique, and the development of both stamina and speed. Bronze group has the option of meeting either two or three times per week for 1 hr. each.

**Silver Group:** This group is for ages 13 and up. Our more advanced swimmers are in this group, and will meet between three to four times per week, 1 hr. each practice. Silver group incorporates all aspects and concepts of swimming, and will build strength and endurance.

## Staff

The Stevenson Branch will be coached by Meaghan Young and Amanda Scharfe. Both women come from a strong aquatic background, with over a decade of competitive swimming and coaching experience between them. Head Coach of the Hood River Branch of HRVST, Shelly Rawding, who started the Colombia Gorge Swim Team in Stevenson over 25 years ago, will also be assisting in occasional practices and Swim Meets.

## Parents

We encourage parents to come be a part of our Team in any way possible! We have a number of different opportunities for parents to volunteer, such as timing races for the Meets, driving/chaperoning meets, and becoming a board member for the Stevenson Branch of HRVST.

If you are interested in volunteering or joining Club Swimming, or have general comments, questions or concerns, please contact Meaghan Young at [youngm@scsd303.org](mailto:youngm@scsd303.org) or by calling 509-427-7665 (POOL).