



WEST VALLEY HIGH SCHOOL SWIM TEAM

Mission Statement

West Valley High School Swim Team strives to provide a quality program based on character development, by teaching proper stroke technique, providing aerobic training sets, and promoting self esteem, self discipline, and good sportsmanship. The team aims to provide opportunity for all participants to set and attain goals, both individual and team.

Coaching Philosophy

The purpose of the West Valley Swim team is to use training and competition as a means of learning lifelong values of goal setting and discipline for success. Swimmers will learn to improve their skills as well as learn the value of teamwork and sportsmanship within a competitive atmosphere. Coaches act as leaders who strive to build character, healthy bodies, mind and spirit.