

## VLAC SWIM Registration

### *Swimmer Information*

Name:

Summer Team:

Name of School:

Age/DOB:

Gender:

### *Parent Information*

Name:

Address:

Home Phone:

Cell Phone:

Work Phone:

Primary Email:

Check preferred sessions:

Session 1\_\_ Session 2\_\_ Session 3\_\_

Check preferred days of practice:

Sun\_\_ Mon\_\_ Wed\_\_ Sat\_\_

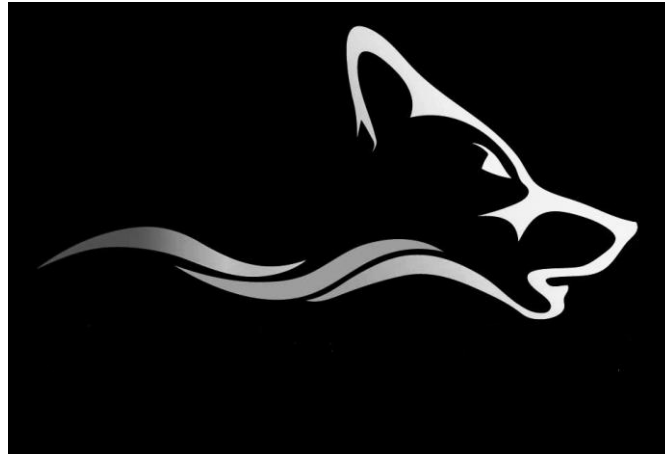
Summer Session, Sun \_\_

Send \$100 deposit or full payment with checks made out to Clayton Joyner, VLAC

8102 Chivalry Rd.  
Annandale, VA 22003

## VLAC SWIM 2011-2012

“The next generation of swimming”



## VLAC SWIM

8102 Chivalry Rd  
Annandale, VA 22003  
VLACSWIM@Gmail.com

*Become a part of the VLAC success, join the Wolfpack family today!!!*



## History of the team

Victory Lane Aquatic Club (VLAC SWIM) was founded in the fall of 2008. It started off as a twice a week training program on Monday and Wednesday nights. Since then it has fostered high school, summer team, and NVSL record holders.

## Mission of VLAC SWIM

The principal mission of VLAC is to promote a healthy lifestyle for members by incorporating core social values through swimming. Swimmers are not only trained to become better athletes, but are also encouraged to become future leaders in society. VLAC harbors the ideals of hard work, dedication, and perseverance to create an atmosphere where a swimmer can grow physically, emotionally and socially as an individual. Swimmers are encouraged not only to strive to be the fastest, most skilled athletes who compete in their sport, but also the smartest by applying the knowledge they have been exposed to through the program.

## Coaching staff



Head coach Clayton Joyner founded VLAC in 2008. Currently he is in his ninth season at Holmes Run Acres where he has led them to 4 relay and 3 division titles. In 2010, as the Head Coach of Robinson Secondary, he helped lead the girls' team to district, region, and state titles. Coach CJ earned a bachelor's degree from Virginia Commonwealth University and a master's degree in Sports Management from Georgetown University.

Coach Randy Carroll has been with VLAC for three years and coached at the Belle Haven Country Club for eight seasons. In addition, he swam for the James Madison University swim team where he received his bachelor's and master's degrees.

Coach Kevin Nolan swam at Frostburg University where he held several school records and received his bachelor's degree. He has coached with VLAC for two years.

## Check us out on

**\*Facebook under VLAC SWIM**

**\*Twitter @VLACSWIMCOACH**

**\*Or watch the VLAC SWIM commercial on YouTube, key name "VLAC SWIM"**



## Practice times and location

\* The team currently practices 4 days a week. They are Sunday, Monday, and Wednesday nights, as well as Saturday mornings. The pool is conveniently located at the Jewish Community Center of Northern VA (JCCNV).

8900 Little River Turnpike, Fairfax, VA. 22031. The center is well lit and has ample free parking.

\* Saturday morning practices run from 7:30-8:30am. The team has the whole pool and it is split into a 10+under stroke, and turn clinic and an 11+up sprint group which is divided into freshmen, junior, and senior levels.

\* The practices on Sunday, Monday, and Wednesday nights run from 8:10 pm-9:30 pm and consist of 20 minutes of dry land (8:10-8:30) and 60 minutes of pool time (8:30-9:30). This group is divided into freshmen, junior, and senior levels.

## Average age of levels

*Freshmen ages 9-12*

*Junior ages 12-14*

*Senior ages 15-18+*

\*The season runs from September through May and is broken into 3-3month sessions.

Session#1 September 10, 2011- November 26, 2011

Session#2 November 27, 2011- February 22, 2012

Session#3 February 25, 2012- May 27, 2012

## 2011-2012 Rates

Costs are per session

1 practice per week \$225

2 practices per week \$400

3 practices per week \$55

Saturday AM Practice \$240

\*A \$100 deposit is required per swimmer to reserve a slot for each session in the fall, winter, and spring. For the summer it is a \$50 deposit. The remaining amount can be paid on the first day of practice for that session.

Make checks payable to Clayton Joyner, VLAC.