

## Team History & Philosophy

**University City Swim Club (UCSC)** is a USA Swimming affiliated team that practices and competes year-round. Founded in the 1960s, the team is known for its attention to individual swimmer development, while promoting fitness and fun in an inclusive community. UCSC is dedicated to encouraging both children and Masters swimmers to swim to the best of their abilities and to acquire fitness for life through swimming.



Swimmers participate in regularly scheduled practices and optionally compete in sanctioned swim meets during the course of the year. UCSC hosts two meets, the “January Thaw” in January and the “Small Club Championships” in April.

UCSC swims year-round. Indoor season practices are held Sep–May at the University City Natatorium (7420 Shaftesbury Ave). Outdoor season practices are held June–July at Heman Park Pool (7210 Olive Blvd).

*UCSC is run by member volunteers.*

## Programs & Teams

### SUPER SWIMMERS

[ages 5-9]

Level 1-2: Stroke development for swimmers already able to swim 25 yards. Swimmers will learn four competitive strokes while developing ability to swim fluently. Two practices per week (T & TH), 30 min. plus 15 min. free swim.

Level 3: For the young swimmer looking for continued stroke development while building endurance and skills for competition. Two 90 min. practices per week.

### AGE GROUP DEVELOPMENT

[ages 9-13]

Stroke Development, endurance training, and honing skills for competition. Swimmer attends 2 or more practices per week.

### HS/SENIOR TEAM

[ages 13+]

Swimmers practice up to 5 times per week.

### HIGH SCHOOL PREP

For high school age swimmers needing off-season conditioning, up to 3 practices per week.

### MASTER'S TEAM

Adult swimming program for fitness or competition. Up to 4 practices per week.

## Coaches

Experienced and well-educated coaching staff, with particular emphasis on motivating and encouraging swimmers.



### Jon Lane, Head Coach

Triathlete with over a decade of swim coaching experience, former University City Swimming Champion.

### Mary Kenyon, Stroke Development Coach

Stroke development expert, over 25 years experience teaching swimming, former all-state water polo player and collegiate competitive swimmer.

### Jesse Winters, Assistant Coach

Experienced University City Swim Club and collegiate competitive swimmer.

**June-July 2008  
Practice Schedule**

*At Heman Park Pool starting  
Monday June 9, 2008*

**SUPER SWIMMERS**

Level 1-2: 7:00-7:30 PM, T & TH  
Level 3: as below

AGD, HIGH SCHOOL, HS PREP  
7:00-8:00 PM, T & TH  
7:00-8:00 AM, M-W-F  
7:00-8:30 AM, SAT

**MASTERS**

6:00-7:00 AM, M-W-F  
7:00-8:30 AM, SAT

*See back of brochure for Fall 2008-09 schedule.*

**September 2008-May 2009  
Practice Schedule**

*At the Natatorium starting  
Tuesday September 9, 2008*

**SUPER SWIMMERS**

Level 1: 5:30-6:00 PM, T & TH  
Level 2: 6:00-6:30 PM, T & TH  
Level 3: 5:30-6:30 PM, any 2 days M-TH

AGD, HIGH SCHOOL, HS PREP  
5:30-7:00 PM, M-T-W-TH  
10:00-11:30 AM, SAT

**MASTERS**

6:00-7:00 AM, T & TH  
10:00-11:30 AM, SAT  
Optional evenings

**Indoor season registration is Monday  
September 8, 2008 from 6:00 to 7:00 PM.**

Come to the circle drive in front of the  
Natatorium (7420 Shaftesbury Ave) to fill  
out a registration and information packet,  
meet coaches and current swimmers,  
and ask questions. *New swimmers are  
welcome to register anytime throughout  
the year.*



# University City Swim Club

**2008-2009 Season**

**For more information please email  
[info@universitycityswimclub.com](mailto:info@universitycityswimclub.com)  
or phone 314-863-7351**