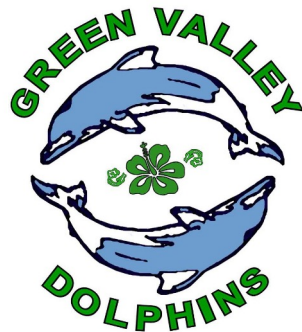


Celebrating
50 years!



GREEN VALLEY SWIM TEAM

Go Dolphins!

gvdolphins.org

Introductions



Meet Your Coaches

Coach Adam, Head Coach



Coach Nick, Senior Coach



Introduction to Competitive Swim

- 6 Age Groups

- Swimmers are placed by ability level in practice and swim meets

- All swimmers receive ribbons for each race



Green Valley Swim Team

— Swim Practice —

Practices

We offer Monday-Friday practices from April 8th through July 19th. Swimmers are not required to attend every practice.



Practice Times



School Schedule

(April 8 - June 21)

3:30-4:00pm ages 5-6

4:05-4:35pm ages 7-8

4:40-5:25pm ages 9-10

5:30-6:15pm ages 11-12

6:20-7:15pm ages 13-18

Summer Schedule*

(June 24- July 19)

8:00-8:30am ages 5-6

8:35-9:05am ages 7-8

9:10-9:55am ages 9-10

10:00-10:45am ages 11-12

10:50-11:45am ages 13-18

*Summer schedule will also include an evening practice session, 6-7pm. Capacity is limited is subject to approval by Coach Adam.

Green Valley Swim Team

— Swim Meets —

Swim Meets, Saturdays

- Swimmer and volunteer check-in begins at 7:30 AM

- Meets start at 9:00 AM

- Meets typically conclude around 2:30 PM

- *Some away meets will have different schedules



2024 Swim Meets

5/11/24 Dolphin Classic

5/18/24 Lake Forest @ GVST

6/01/24 GVST @ Pacific Sands

6/08/24 Harbor View @ GVST

6/15/24 Newport Hills @ GVST

6/22/24 Relay Finals Invitational

6/29/24 GVST @ Harbor View*

7/13/24 GVST @ Greenbrook

7/20/24 Finals Invitational

****This is a split meet. Ages 9+ swim at 9am, 5-8 year olds swim approx. 11:30am-3:00pm.***



Typical Swim Meet Line-Up

Events	Description
1 - 12	Medley Relay
13 - 24	Freestyle
25 - 36	Breaststroke
Halftime Break	
37 - 48	Butterfly
49 - 60	Backstroke
61 - 62	7/8 50 Freestyle
63 - 70	9/18 Indy Medleys
71 - 82	Freestyle Relays

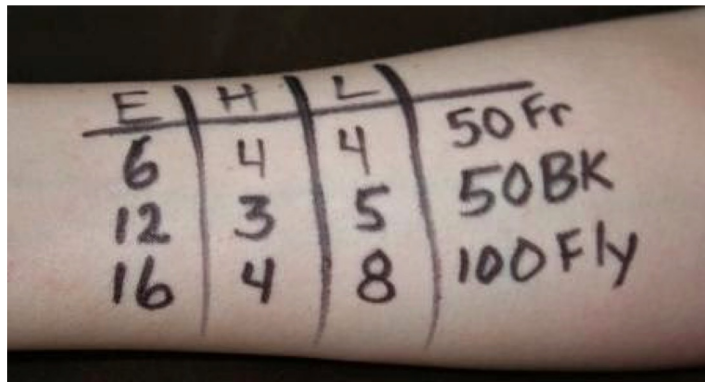
Swim Meets, Saturdays

-Check Event Board for Swimmer Event/Heat/Lane Assignment.

Use Swimtopia App.

-Lane Line-up for ages 8 and under

-All swimmers 9 and up are responsible for lining up on deck for each of their events



E	H	L	
6	4	4	50 Fr
12	3	5	50BK
16	4	8	100 Fly



Lane Line Up

- All swimmers check in at the lane line up tent beginning at 7:30am
- Check in ends around 8:30am



Parent Volunteers

- GVST is a parent-run, not-for-profit organization.
- Please make sure to check in with the meet managers
- If you cannot make it, **you are responsible** for finding someone to do your job. See the website, under “Meets and Events” for a list of teen workers that you can pay \$60 to work your job.
- Missing a scheduled job costs \$100. You can buy-out for \$500.





Swim Team Gear

Every swimmer needs:

One team suit (all black or past season suit)

Two swim caps

Two pairs of goggles

Three to four towels (cheap/thin work best)

Suggested for meets:

EZ-UP Shade

Beach Chairs

Robe or parka

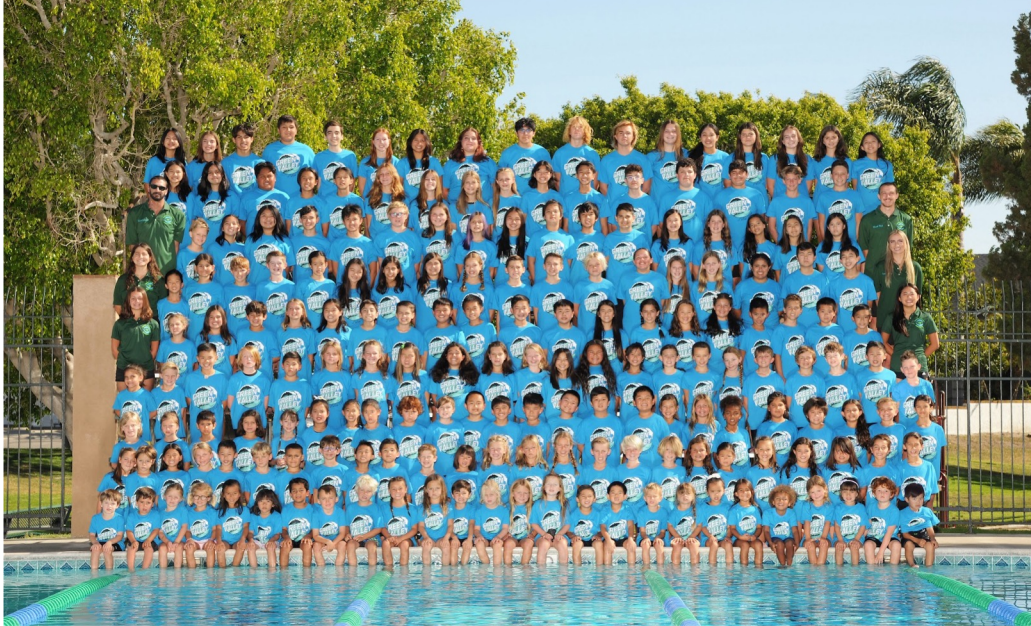
Games, puzzles, etc...







Picture Day: Thursday, May 9th



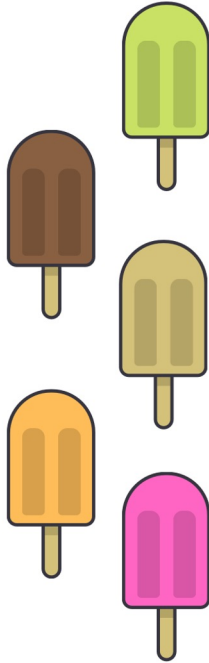
-Individual Pictures begin
at 1:30PM

-Team Shirt Handout and
Team Picture at 3:30

Green Valley Swim Team

— Social Events —

POPSICLE FRIDAYS
4/12 THROUGH 6/21



Popsicles \$3 each

- Chocolate
- Cookies & Cream
- Strawberry Crème
- Cookie Monster
- Strawberry Lime
- Spicy Pineapple
- Mango

GREEN VALLEY SWIM TEAM



KICK

OFF DINNER

FRIDAY – MAY 10, 2024

5:00 – 7:00 PM



**Green Valley Adult
Clubhouse
17250 Los Jardines West
Fountain Valley**

Hamburgers Provided!

★ **PLEASE BRING AN ITEM TO SHARE BASED ON
YOUR LAST NAME INITIAL:**

A-F BOTTLED WATER

G-L CANNED SODA

M-R INDIVIDUALLY PACKAGED CHIPS

S-Z INDIVIDUAL DESSERTS

**(NO DESSERTS THAT NEED
UTENSILS!)**





Support your team!

LAMPPOST PIZZA DINE OUT

Thursday, April 11th

**JOIN US FOR DINNER 4PM- CLOSE
A PORTION OF THE PROCEEDS BENEFIT
SWIM TEAM**

**10130 Warner Ave. Suite H
Fountain Valley**





SWIM TEAM DINE OUT

The Habit Burger



Wednesday, May 1st

**JOIN US FOR DINNER STARTING AT 5PM
A PORTION OF THE PROCEEDS BENEFIT
SWIM TEAM**

17150 BROOKHURST ST. FOUNTAIN VALLEY

CRAFT & BRUNCH

SUNDAY, MAY 19 11AM-2PM

GREEN VALLEY FAMILY CLUBHOUSE
10739 LOS JARDINES WEST, FV

\$40 PER PERSON- BRUNCH AND TOTE
CRAFT PROVIDED

SELECT DESIGN CHOICE @ REGISTRATION
SPACE LIMITED, REGISTER EARLY!



#1 DESIGN : GVST

#2 DESIGN : SWIM ERA



#3 DESIGN : NO LIFE



#4 DESIGN : COFFEE





Green Valley Swim Team

All Ages Swim Party!

Sunday, June 23rd
Wild Rivers.
Irvine

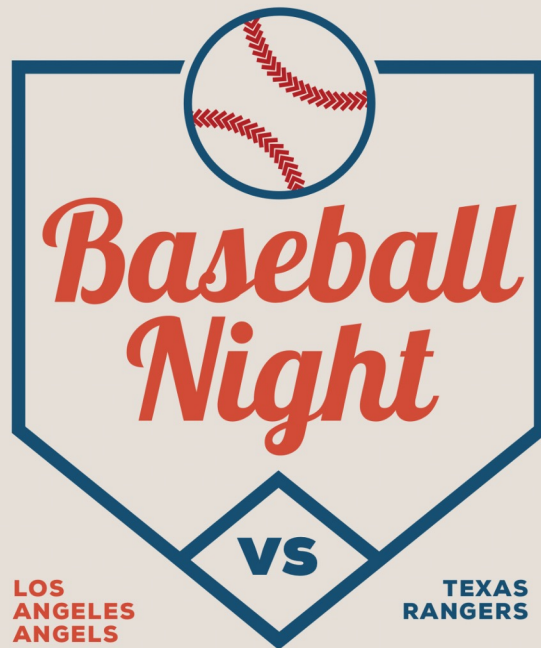
*Tickets on
sale 4/29-
5/17*

The Details....

- ✓ \$20 per ticket- pay through GVST website
- ✓ \$20 parking if purchased online through Wild Rivers website
- ✓ If you do not pay for parking in advance, parking is \$25 at the gate
- ✓ Not a drop off- you must stay with your child!



www.gvdolphins.org
www.wildrivers.com



MONDAY, JULY 8 2024

ANGELS STADIUM

2000 E. GENE AUTRY WAY ANAHEIM 92806

GAME BEGINS AT 6:38PM |



| \$12 PER TICKET
GVDOLPHINS.ORG

TENTATIVE

TENTATIVE



CHIPTOLE

SWIM TEAM DINE OUT

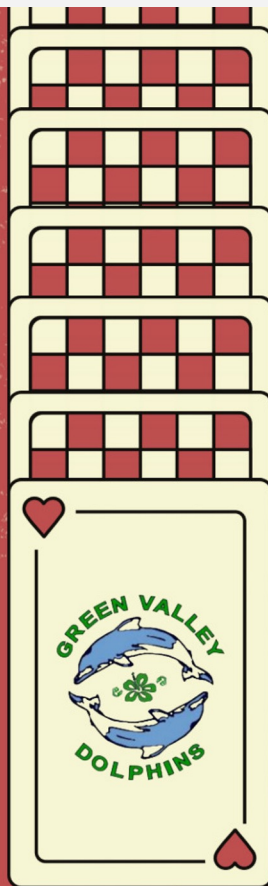


A PORTION OF THE
PROCEEDS BENEFIT
SWIM TEAM

Wednesday
JULY 10TH
5-9 PM

17150 Brookhurst St. Fountain Valley

TENTATIVE



PARENT POKER NIGHT

WWW.GVDOLPHINS.ORG

START AT 7PM | SODA | SNACKS

13
JULY

GREEN
VALLEY
FAMILY
CLUBHOUSE

10739 LOS
JARDINES
WEST
FOUNTAIN
VALLEY

\$25

BUY-IN

\$25

RE-BUY-IN

50% of the proceeds go to the winner
50% of the proceeds is donated back to the
swim team
Bring your own drinks



Green Valley Adult Clubhouse
17250 Los Jardines West
Fountain Valley

AWARDS CEREMONY & PICNIC

Sunday, July 21st 5-7pm

BRING YOUR OWN PICNIC DINNER
AND IF YOU LIKE, A DESSERT TO SHARE

Please, individual items only
(cupcakes, cookies) No full cakes!



www.gvdolphins.org



Refer a Friend

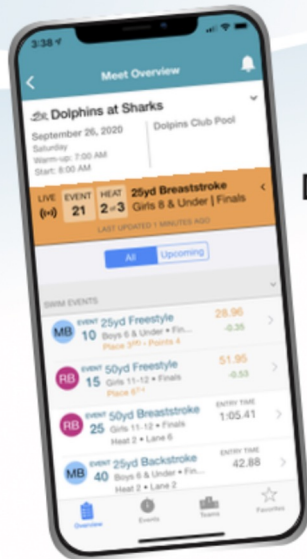
For every swimmer
(5-6 yr old) you refer,
you will receive a \$50
referral bonus!

*Applies to new referrals only



Visit
www.gudolphins.org
to register

Get SwimTopia Mobile and follow the live swim meet action



Scan to
Download



Subscribe
to PRO for:

HEAT SHEETS

LIVE RESULTS

Swim Reminders
Results Notifications
Estimated Start Times
Team Scores



7-Day FREE Trial then \$2.99/month or \$9.99/year

Questions?



gvdolphins.org