

COMPETITIVE EXCELLENCE PERSONAL DEVELOPMENT WE ARE POSEIDON



WHY POSEIDON?

We believe team success is inspired through individual excitement. We believe that each individual is a focal point of our team where the team is stronger through individual advancement. Advancement in stroke and turn technique is the core that all coaches deliver to each athlete from the beginner swimmer to the Olympic Trials qualifier. We believe in challenging each individual to believe in their possibilities of competitive excellence.

When you ask a member of Poseidon what makes us so special, you don't get one answer, you get many different answers. We are so much more than an outstanding competitive program. We offer something for everyone—no matter what your skill set or level of interest. So what makes Poseidon so different?

Outstanding coaching staff—Led by four time Virginia Swimming coach of the year and 2009 USA Swimming National Select Camp Men's Head Coach; Ted Sallade.

Emphasis on stroke technique and fundamentals—For swimmers of all ages and abilities.

Individual attention—Our enthusiastic coaches are ever present with a mission to teach proper stroke and turn techniques in the pursuit of mastery and ensuring every child receives the time and attention necessary for advancement.

A family atmosphere—Our parents are our best fans whose support and enthusiasm brings out the best in our kids.

Focus on personal development—Our coaches believe that fostering personal development is as important as mastering the butterfly. Coaches talk to swimmers on every level about nutrition, time management and personal goal setting.

Scholar-athletes—Our swimmers excel in the classroom and we routinely have high school swimmers qualify as Scholastic All-Americans with USA Swimming.

New! Flexibility—We offer full-year and 3-month session memberships to accommodate both our full-time swimmers and multi-sport athletes.

FUN while pursuing excellence—Our coaches continuously stress the value of personal discipline and the support of teammates in a high-energy, positive environment. A happy swimmer is a faster swimmer!

2025-2026 EVALUATIONS

Evaluations take less than 30 minutes and are open to all new prospective swimmers on **Wednesdays and Thursdays from 5:00 - 7:00 pm** beginning June 25 through the end of July and then again on August 20-21. All evaluations will take place at the **Woodlake Aquatic & Fitness Center** (14710 Village Square Place). Please see the website for more details. You may contact us to schedule an appointment if these dates do not work. We accept new members all year.

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CONVENIENT LOCATION:

Woodlake Swim & Racquet Club
5000 Woodlake Village Pkwy
Midlothian, VA 23112

Poseidon utilizes a NEW 8 lane, 25-yard outdoor pool, covered with a state-of-the-art air structure during the colder months.