

Hello swimming fans,

As another exciting summer league swimming season nears the end I wanted to extend our best wishes for fast fishes at your upcoming CAL League Championships.

With options available for continued competitive swimming during the winter months I wanted to share with you what makes Poseidon Swimming such a wonderful opportunity. Since 1989 Poseidon has been a leader in the local competitive swimming scene and has a rich history of success represented nationally since 2005 by USA Swimming as an 18- time Club Excellence recipient most currently as a 2024 Bronze Medal Club.

Our team motto, ***Competitive Excellence and Personal Development*** is just that, individually driven.

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.

We have an outstanding training facility at Woodlake Swim and Racquet Center in a new eight lane 25 yard pool with a climate controlled, state-of-the-art dome providing excellent air in a super bright space, excellent locker rooms and room for spectators.

The **Triton Group** offers eight lanes for homeschool swimmers 2:00 – 3:30 PM and we offer adult training through our **Masters Program**.

Our growing **Learn To Swim lessons program** offers private to group lessons as well as pre-team programing where the focus is on the development of the four competitive strokes and turns.

Come check us out. New swimmer evaluations are ongoing. Can't make the date just contact us for an appointment. Email Head Coach Ted Sallade 4x Virginia Swimming Coach of the Year at tedpsdn@poseidonswimming.com

We offer you what we believe is the best competitive swimming experience around.

WE ARE POSEIDON!

Ted Sallade