

Desert Storm Swim Team

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Desert Storm Swimmer Expectations

Practices and Meets

- Swimmers need to make every effort to attend the maximum number of practices possible. How quickly swimmers progress is closely related to how often they practice. Obviously at the younger age levels, this flexible.
- Swimmers need to be responsible for arriving at practices and meets with all the necessary equipment.
- Swimmers need to arrive at practice on time, if at all possible.
- It is MANDATORY for the Senior level swimmers to be suited up and ready to be in the pool at the appointed time. If there is a problem, the swimmer (not, Mom or Dad) needs to communicate with the coach ahead of time.
- Swimmers need to BE COACHABLE. In other words, be open to the suggestions of your coach, and try your best to follow his/her instructions. To do otherwise, is a waste of every ones time.
- Be courteous and respectful of your fellow swimmers. Be supportive. Follow the golden rule of "treat others the way you would like to be treated." If you have a problem with another swimmer, try to resolve it yourself before involving the coaching staff.
- Smoking, alcohol, or illegal drug use, will not be tolerated.
- At swim meets, both at home and away, swimmers and parents alike are expected to conduct themselves in a positive manner that is reflective of the team, and its philosophies.
- It is highly recommended that swimmers wear team attire at swim meets.
- Be gracious, whether you win or lose the race. "Being cocky" or gloating after a win is highly discouraged.

- Arguing with the Officials is unacceptable. Your coach is your advocate with the meet officials and will help resolve any issues as necessary.

In conclusion; it is important to address the specific problems associated with away meets for the Junior/Senior group, that do not include parental supervision.

- These meets are NOT a vacation. Come prepared to work hard and be a serious competitor.
- Championship meets are, NOT A FASHION SHOW! Wear team attire to both prelims and finals, (even if you are not swimming in the finals).
- Cell phones will not be glued to your ear. Short calls to your parents to let them know how you swam are OK. If your cell phone is deemed a problem by your coach, it will be confiscated until later.
- Be in your room at the appointed time, and lights out at the appointed time. This also means, no cell phones under the covers! The coach expects you to get the maximum amount of rest possible.
- If the coaching staff is not satisfied that your behavior is a positive reflection on your team and your parents, you will not continue to participate in "away meets" without parental supervision.
- Bring cash (only) to cover your part of the van rental and room costs.

Desert Storm Parent Expectations

As parents, we all love our children very much, and want them to succeed in many aspects of their life; not just swimming. This is a balancing act at best, especially when the family has multiple children to accommodate. The coaching staff understands, and is also faced with trying to do what is best for the whole team, and all of their swimmers. When we work as a team made up of swimmers, coaches, and parents working together for the same goals, we can do great things!

Parental involvement is essential to the running of a successful team. Here are some of the ways to help your swimmer, the team, and make some friends along the way!

- We have only 2-4 parent meetings a year to communicate and organize committees. Make every effort to come.
- Desert Storm hosts 2 meets a year. **Participation as a volunteer to run the meet, is of paramount importance. Parents need to plan on being at the meet all day, both days.** The team understands that we live in a “24 hour town”, and it is not always possible to control our work schedules. If this is the case, then you need to make arrangements to contribute to the meet in another way. Contact the meet planning committee for recommendations. Remember: every “away” swim meet is an opportunity for *your child*, provided by parental volunteers on other teams. When we host a meet, it is our turn to provide swimmers with a good meet. In addition to your involvement on meet day, some other additional volunteer choices are:
 1. Soliciting sponsorships
 2. Cooking for Hospitality and snack bar
 3. Food donations for snack bar
 4. Help solicit items for goodie bags, or raffle
 5. Donate cash to offset the cost of putting on a meet.
 6. Become an Official (talk to the head coach if interested)
- **Parents are required to time at swim meets.** Each team is assigned a certain number of chairs, based on how many swimmers are representing our team. If you do not do your share, it puts an unfair burden on the other parents! (They will not thank you-and probably a lot worse) Most lame excuses include:
 - I must video my child
 - I don't want to miss my child's swim (the best seat is the timers view)
 - I don't know how to time
 - Do you know when my child is swimming?
 - My child will be done by then, and I want to go home

Feel free to bring older siblings, friends and family to help you fulfill your timing obligations. It is noteworthy to mention, that just because your swimmer can drive themselves to the meet, they no longer need you. The TEAM needs you to time!

- **Parents are required to participate in the team fundraising events.**
 - Swim meets are the major source of our fundraising
 - Yearly swim-a-thon during the summer
 - Albertson's cards
 - e-scrip program

Parents play a key role in the success of any swim club. Cheerfully volunteering is a great way to demonstrate your affirmative support of your child's activities, and be a positive role model! Our children will feel better, knowing that you don't view their swimming as a "chore" or a "burden." Attitude is everything!

"TEN COMMANDMENTS FOR SWIMMING PARENTS"

by Rose Snyder

(Adapted from Ed Clendaniel's "Ten Commandments for Little League Parents")

- 1. Thou shalt not impose your ambitions on thy child.**
Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best.
- 2. Thou shalt be supportive no matter what.**
There is only one question to ask your child "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
- 3. Thou shalt not coach your child.**
You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.
- 4. Thou shalt only have positive things to say at a swimming meet.**
If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.
- 5. Thou shalt acknowledge the child's fears.**
A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.
- 6. Thou shalt not criticize the officials.**
If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.
- 7. Honor thy child's coach.**
The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.
- 8. Thou shalt not jump from team to team.**
The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.
- 9. Thy Child shalt have goals besides winning.**
Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."

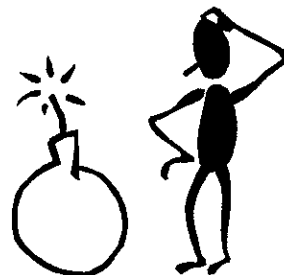
10. Thou shalt not expect thy child to become an Olympian.

There are 225,000 athletes in United States Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 4,300. Swimming is much more than just the Olympics. Ask your coach why he coaches. Chances are, he was not an Olympian, but still got enough out of swimming that he wants to pass that love for the sport on to others. Swimming teaches self discipline and sportsmanship; it builds self esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.

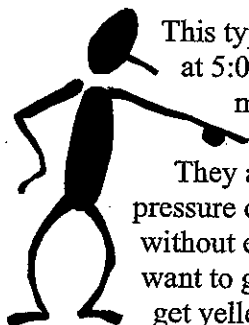
When your child was born you were thrust into a role of nurturing, teaching, disciplining, caring, and loving that child. As your child has grown and matured physically, emotionally, and psychologically, you have tried to do the best job you can to provide a quality education, surround your child with excellent role models, steered them toward good friends, tried to show them great moral values, and gave them all the love they needed to have a great self-esteem.

Sports play a major role in the development of children. The sport of swimming is one of the healthiest sports both physically and psychologically for children as they mature. So, you bring your child to the pool, sign him/her up, pay your money, and then what? Well, a lot of parents wing it at this point. Usually no one tells them the best way to provide the support their child needs for success.

That when things can sometimes go wrong. That's when well-intentioned, well-educated people can become.... **SPORTS PARENTS!** Often this is not a positive change. Coaches of all sports experience this phenomenon. Part of it is human nature. Let's take a moment to look at how we might classify them. Do you see anyone you know? Do you see yourself?



“The PRESSURE Parent”



This type of parent constantly talks about swimming. They take their child running at 5:00 AM on Sunday morning, the only day their child has off from practice. No matter what the child achieves, it is never enough.

They are easy to find because they are usually the ones saying, “I never put pressure on my child!” Well, sometimes we as parents put pressure on our children without even knowing it. Swimmers of pressure parents tend to have less fun, don't want to go to practice at times, are afraid of both failure and success – if they fail they get yelled at, but if they succeed, then more is expected out of them by the parent.

Pressure parents almost always equate bad swim with bad swimmer and good swim with good parenting. Their children swim because they “have to” and not because they “want to.”

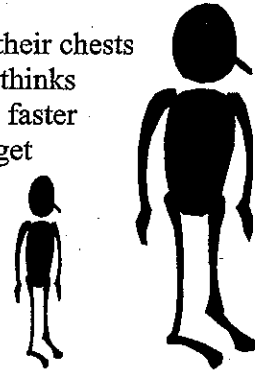
While every parent at one time or another sends messages to their children that could be received as pressure, it is the parent who constantly causes undue stress to their child when it comes to swimming. These parents tend to make the atmosphere tense and uncomfortable for the people around them. Others want to say something, but usually don't. So, how do you avoid being a pressure parent?

- Let your child enjoy his/her activity.
- Remember that while you are paying for the sport, it is your child's sport.
- Try to let your child experience failure. It is the greatest tool used in building success.
- Communicate with your child. Don't let a swim determine if they are a good or bad kid.
- Try not to compare your child to anyone else. Swimmers all develop differently.

- Enjoy your child's efforts even if they aren't what you expected.
- Talk to your child about what he/she thought about his/her swim. What did you think about it? What did the coach say? I'm proud of you. Hey, you'll get 'em next time.
- Try to never punish your child by using swimming for leverage.
- Give your child some space so he/she gains ownership of his/her sport
- Separate swimming as an activity that is "part" of your child's life—not his/her whole life.

The "LIVING VICARIOUSLY THROUGH MY CHILD" Parent

Have you ever seen those parents at swim meets that proudly puff out their chests with 100 gold medals pinned to their shirt? How about the parent who thinks that he/she is more important to the team just because his/her child is a faster swimmer? Every team has a few of these types of parents. It's easy to get caught up into your child's successes. Also, the opposite happens. Sometimes parents walk around the pool deck at a meet with their heads hung low, like they just lost the biggest race of their lives! It's as if, the success or failure of their child is a direct reflection of the parent's worth.



So, how do you avoid becoming one of these parents?

- Separate yourself from the end result of your child's swim. "Good for you!" "You did it!" or "We are proud of you no matter how fast you swim."
- Avoid boasting on your child. Focus on encouraging others on the team.
- Actively cheer for others just as loud as you would for your own child.
- Teach your children good sportsmanship by being their best example.
- Let your child accept the rewards and the defeats. Teaching children responsibility is the only way to get them to truly be the best they are capable of being.
- Avoid thinking that just because your child is now one of the faster children, you are more important to the team than any other family with children who are not as fast.
- Try to be excited for your child, not for yourself.
- Let your child set his/her own goals, not your goals for your child. The only expectation you should have is that your child enjoys the experience of competitive swimming.

The "I'M NOT *THAT* KIND OF PARENT" Parent

Have you ever noticed with some parents that no matter how hard you try to explain things to them they give you a stock answer: "I'm not that kind of parent." Well, we all hate to tell you, but YES YOU ARE! These parents worry about their child never getting enough attention, they call the coaches for lengthy conversations on subjects ranging from biomechanics of swimming to their child not being able to swim today because of a hang nail, they never take the blame for any problem on the team, but are usually up in the stands

stirring the pot of dissent, they pressure their kids into being something they're not, always threaten to leave the team if things don't change, are usually never found when it's time to help at swim meets, never fund raise, but are the first to criticize that we have no new equipment, and will tell you what you want to hear and then tell someone else the complete opposite. Whew! While this may be a little exaggerated, a lot of these things actually do occur by parents who will be the first to tell you "they're not this kind of parent."



A lot of times you will find these parents making excuses for their children no matter what rational, well-thought out, and objective logic you use to explain it to them. Another case of parental denial. So, how can you avoid or even help parents stay away from evolving into this type of parent?

- Try to avoid hanging around the water cooler and dwelling on problems or concerns that just can't be fixed.
- Try to support any and all decisions made by the directors of the team. You may not always agree with what is done, but once a final decision is made you have two choices: Support it in a positive way, or deal with it.
- Reinforce to your friends who are parents on the team to become actively involved in a positive way and not focus unneeded energy on the trivial things in the program.
- If you feel someone is complaining too much, just tell him or her that we don't do that here at YTO. Tell them that you don't want them to be "One of those" parents.
- If you have a parent friend or even yourself as a parent that has a problem, go to the source that can fix it. Getting upset at something and venting to friends may be good for your peace of mind, but it doesn't do anything positive for the team.

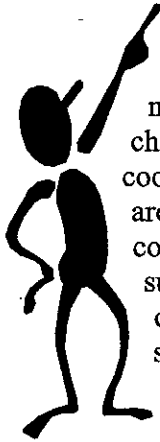
The PASSIVE-AGGRESSIVE Parent

This is the parent that scares coaches and programs the most. It is this parent who can really do harm to a positive program going in the right direction. The passive-aggressive parent is the camouflaged parent, lying in wait for the right opportunity to do the most damage to a team or a career. This type of parent usually never presents his/her concerns directly to the coach, but would rather let problems fester. Usually, this parent goes from person to person polluting the program. This is a parent with an agenda that wants to get their way and will stop at nothing until that goal is achieved. Once a passive-aggressive parent knows that you are on his/her "side" you have then become part of the problem and not the solution.

The best way to eradicate parents like this from a program is to continually have them meet with positive resistance on the part of other parents. You can stop a passive-aggressive parent with comments such as, "We don't do that here." "Well, I've never seen that before." Or, "Why don't you talk to the coaches; I'm sure they'd love to help you solve this."

The INVISIBLE PARENT

The "COACH" Parent



How to spot a parent who does the coaching for the coach: Stopwatch in hand, all best times from their child ever achieved in back pocket, ASCA's hotline number tattooed on left forearm, clipboard hanging from back of paid coach's chair, copy of 101 Ways to Swim Fast, pirated copy of stroke videos on top of cooler, "Win one for the Gipper" speech penciled in at top of heat sheet, whistle around neck, two more stopwatches tied around side belt loops, suggestions for paid coach scribbled on back of grocery list which contains bread, milk, and a variety of supplemental vitamins for their 6 year old, and pointer finger ready to blame coaches if child does not perform well. Have you seen this person? Just go to any swim meet and scan the crowd. If you see a parent huddled with his/her child and they are giving specific swimming or race instructions then you've spotted it: The Coach Parent.

Most coaches in programs like ours have swum competitively for several years, coached for several years, and have gone to school and trained like any other profession. Can you imagine taking your child to the doctor, the doctor saying we have to do emergency surgery, and then you saying to your child—"Here, just take some Tylenol, it will go away." Sounds a little ridiculous doesn't it? So does a parent telling their child to go out fast the first 50 of a 200 when the coach has been working with the child for months on smart race strategies and has told the child to go out controlled. This scenario has confusion all over it. My point being, it's not easy! Here are some tips to help.

- Get into the habit of having your child talk to his/her coach before and after each swim.
- Avoid commenting on technical things like stroke corrections, breathing patterns, race strategies, goal times, starts, turns, etc. If you have a specific concern, address it to the coach not the swimmer.
- Let your child be the one to educate you as he/she learns. It makes it a lot more fun. After all, they are doing it every day, chances are you are not. So, who is the expert? Makes sense.
- Always ask your child, "What did your coach say?" Not, "You should have had a better turn."
- Never give race instructions to your child. That has already been done.
- Let your child tell you about his/her goals. Don't tell them what you expect from a performance standpoint.
- Let your child keep track of his/her best times. Ownership is vitally important.

- Remember that coaches share in your child's success. As swimmers get better, they make coaches better. So, if you think about it, it is in the coach's best interest to make good decisions and work with every child.
- Try to avoid "Pump up" speeches. If they've already talked to their coach, they've already gotten one. Try not to overkill it. This will take the child out of his/her optimum arousal level, which is the level of peak athletic performance. Wishing them luck or a simple "Go get 'em!" is the best way to get them going.
- Never disagree with a coaching decision or question why a coach has done something in front of your child. This undermines the coach in the child's eyes and can lead to bigger and more damaging problems down the road. Talk to the coach personally.
- Provide support for your child. Failure is not the result of poor coaching.
- Openly show your support of the coaching staff to everyone. This will help you from wanting to coach. A lot of times parents feel their child is not getting adequate coaching and decide to take matters into their own hands. If you are not happy with the coaching, then tell the coach directly.
- Avoid critiquing your child's swim. The coach is the only figure that can accurately critique your child's races and workouts. After all, he/she is much more objective when it comes to your child.
- Sign your child up for clinics that the team puts on. This is a great way for your child to get more one on one and attention with the paid coach. It also reinforces your support of the coaching staff.

The COACH'S DREAM Parent



You ever wonder why the coach seems to be closer to some parents than others? What's up with that? Is their child getting special attention? Are those parents taking the coach out to dinner every Friday night? What is going on? Well, the answer is rather simple. Coaches are just like everyone else. They are human. It is only human nature that people like some people better than others. Well, a good coach tries his/her best to treat every person equally, but you've got to admit it is hard to do that when one person is helping you all they can and the other is trying to take away from the program you are trying to build. So, what are some of the common qualities that productive parents share in competitive sports programs?

- The parent finds out what needs the program has and then gets involved with assisting with those needs.
- The parent allows their child to get the most out of the experience.
- The parent speaks highly of the program to others outside of swimming and in the community.
- The parent volunteers to help with any and all team hosted functions (swim meets, banquets, monthly activities for the swimmers, fund-raisers, etc.)
- The parent allows the coach to coach and is supportive.
- The parent always seems to see the glass as being half full instead of half empty.
- The parent stays away from negative conversations.

- The parent takes a “How can I help?” approach.
- The parent compliments other swimmers and their child’s coach often.
- The parent uses his/her own professional talents and connections to aid in the progress of the program
- The parent has fun! This sport is just as much a social opportunity it is for parents as it is an athletic one for the children.

What Type of Parent Are You?

Perhaps while reading about these different types of parents, you thought to yourself, “Oh, that’s Mr. So-and-so,” or “That’s So-and-so’s mom.” But to be honest, don’t you agree that there is probably a little bit of these people in all of us? We inherently want what’s best for our child and will do anything and everything in our power to get it. We, as coaches, know this and want you to know that we, too, want what’s best for your child and any decision we make is in their best interests. So, as we struggle to learn about the sport of swimming, our children, and ourselves, we all hope that we can become great swim parents, and ultimately, a great, and well-unified team.

Desert Storm Swim Team Philosophies

The mutual goal of both coach and parent is to do what is best for each child; how that goal is achieved is sometimes at odds. Communication is the answer. Our coaching staff welcomes your questions and concerns.

In an effort to be clear and specific about Desert Storm's philosophies, it seems mutually beneficial to review them:

- First and foremost, our coaching staff adheres to the USA Swimming philosophy that swimming needs to be an enjoyable experience for your child. Especially when the swimmers are younger, they should not be forced to participate. Sometimes, encouragement and forcing a child is a fine line. (Helpful handouts included)
 - The "attitude clues" given off by parents are generally very clear to children. They know if you are interested and support their sport!
- Enabling your child to skip practice on a regular basis sets them up for poor race performance, which will ultimately lead to his/her becoming discouraged! Encourage behavior that will lead to positive experiences. Organization and punctuality skills should carry over to other aspects of life.
- Desert Storm Swimming specifically believes that until a swimmer reaches the physical maturation of puberty (or slightly beyond); it is NOT advisable to "over condition." Children need time for other activities and academics. It is especially discouraged to have *any* swimmer younger than age 13 do weight bearing exercises. For boys, the age may be even later.
- Remember to let the coach do the coaching. In this day and age of internet information, it is tempting to believe that you can "add to what the coach is teaching." Often this just confuses the swimmer and creates a situation where the swimmer doesn't know who their actual coach is! Be your child's unconditional parent, and let the coach be in charge of the swimmer!

- Parents need to understand the “Long View.” Desert Storm believes that at the younger ages, the emphasis needs to be on stroke perfection, with conditioning to make them fit. The goal is to have fast **mature** swimmers, possessing the technique fundamentals of youth, and the training stamina of adolescence. Patience is the key.
- Failure can be a great learning experience. It is very hard for parents to accept that failure may be “good” for their child. Sometimes a Disqualification (a DQ), may make the child more open to coaching suggestions. When coaches and parents try to prevent swimmers from experiencing the consequences of their actions, they are denied a learning opportunity. However, temper tantrums, especially on deck, are unacceptable and will not be tolerated.
- Swimmers on the same team get to know each other like siblings. This is especially true after several years of swimming and traveling together. Parents need to remember: comparison is NEVER a good idea. It is hurtful to both swimmers and other parents as well. “If you can’t say something nice - say nothing!!”
- Desert Storm does not adhere to a “more is better” philosophy. Our coach’s style of training contends that mega yardage is not necessarily beneficial in the long view. Therefore, this team feels that double swims during the school year are unduly stressful and that academics need to be the priority. Swimmers will benefit just as much from the added sleep. Remember, swim scholarships do not come to exhausted students with poor grades.
- Desert Storm coaches choose the events your swimmer will swim at swim meets. These choices are open for discussion at the younger age levels, but as swimmers approach the senior levels, the coaches event choice is much less flexible. Over the course of the year your swimmer will swim most events, even the ones they don’t like. Choices made are not arbitrary, but based on the swimmers practice performance, meet level, team benefit, and needed opportunities for improvement. Our coaching staff feels it is important to be, at the very least, proficient in all strokes.

Where to buy Swim equipment

Where individual families purchase their swim gear is purely, by preference. Here are some suggestions that are easily available to you here in town.

Swim 2000 (702) 696-9290
4137 S. Maryland Pkwy
Las Vegas, NV 89119

Located at the corner of Flamingo and Maryland Pkwy. In Tiffany Square shopping center.

Swim vendors are almost always at swim meets, with a full compliment of swim products available.

Once your swimmer is a member of USA Swimming, you will receive swim product catalogues from different companies. Your swimmer will form their own preferences for different products available. For example: The best goggles are the ones that fit your swimmers bone structure and face.

Required Equipment

- Competition swim suit
- Goggles
- Kickboard
- fins
- Hand paddles
- Pull buoy
- Girls need a latex or silicone cap
- Mesh wet equipment bag

Optional equipment

- Drag suit
- Dry bag (swim backpack)

So.....Your Going to A Meet

What to Bring:

Bring plenty to drink, (water or sports drinks)---and drink it!

Bring plenty of healthy snacks for maximum energy, (bagels, cheese, fruit, trail mix, sandwiches, etc.)

Note: Snack bars are available at almost every meet.

Bring chairs for your family.

If it's an outside meet, and hot, you may want to bring a shade canopy if you have one. Optional.

Be prepared for the weather if the meet is outdoors. For example: sun block, extra towels, hats, sweats, parkas etc. for cold weather.

What to Do:

Get a Good night's sleep.

Eat a healthy breakfast. Swimmers do not swim well without fuel!

Be *on time* to the meet. Start times change from meet to meet.....so always check with your coach before each meet, for the expected arrival time.

First Thing: Check-in. (no Check-in.....No swim!!)

- Find the check-in table, and get in line by age and boy/girl.
- Give the check-in person your name, age and today's event #'s.
- Watch them, to make sure they check-in the right person.

Sit with team, and remember.....*parents must share in the timing assignments for our team.* Chairs are assigned based on the # of swimmers from each team. Feel free to bring Grandma or a friend to help!

Swimmers need to keep track of what events are being swum, and continue to keep track of when their event is "posted."

When your event is posted, it will tell you your: *heat and lane*---now go talk to your coach, and get any instructions as needed.

Go to your lane, several heats ahead of your heat, to wait your turn. If you miss your event, you will be bumped from your next event! Be careful!

- If you miss your event....go to your coach. Your coach is your advocate with the meet officials! NOT Mom or Dad!

After your swim, get an estimated time from the timer, and go see your coach.

Official times are available at the end of the meet, or you can wait and get them from www.socalswim.org
Remember; the official time is a combination of watches, electronic timing, and Official's judgment.

Don't:

Don't forget your swimsuit, goggles, and towels

Don't drink soda, or over eat between events, you will feel sick!

Don't forget to cheer for your teammates!! RELAX and have FUN!!



Help Support Our Group

Dear Community Member,

We are participating in a powerful fundraising opportunity with Vons, Pavilions and other partners...powered by eScrip.

What is eScrip?

eScrip is a hassle-free way for schools and on-campus groups (including sports programs) to raise funds through everyday purchases made at eScrip merchants.

How does it work?

eScrip and over 150 merchant partners have created a system that rewards customer loyalty by contributing a percentage of purchases to your chosen group. You shop the way you like to shop for groceries, clothing, travel and entertainment. It's simple and convenient, all you need to do is register your grocery club card and debit/credit card(s).

Simple Registration-Register Today!

(click welcome)

Log on to www.escrip.com and go to "sign up", or see our fundraising coordinator for details.

Designate our group to receive contributions. Our Group ID is # 6632489

Register your Vons and Pavilions Club Cards -- and your debit, ATM and credit cards if you wish.

That's it! Visit eScrip merchants to shop. It's automatic! We can potentially receive hundreds of dollars from your participation alone!



(Note: Vons must be renewed yearly by November 1)



VONS

Back to School 2004

**VONS is proud to partner with eScrip
to support the education of youth!**

Do your purchases count?

If you have not yet registered, go to www.escrip.com and click on "sign up"! Every purchase you make will add up to \$\$'s for our group!

Attention: VONS Shoppers

If you participated in last year's program -- Renew Today!

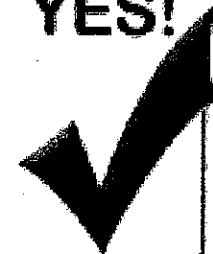
Your valuable contributions will stop unless you renew.

2 Ways to Renew:

(Have your VONS Club Card number handy)

- Call 1-800-801-4973
- Visit www.escrip.com and click on "YES! Renew"

YES!



Renew
(There is no cost to you!)

eScrip

www.escrip.com

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Sign up!

Desert Storm Swimming Fees

Lessons Group	<u>\$50.00/month</u>	1 ½ hours, 3 days per week
Age Group*	\$65.00/ month	2 hours, 5 days per week
High School**	\$65.00/month	2 hours, 5 days per week
Juniors (Modified Senior workout)	\$75.00/month	2 ½ hours, 6 days per week
Seniors	\$100.00/month	High level of commitment 2 ½ hours, 6 days per week

During summer there are
3 additional 2 hour morning
workouts

* Age group defines a swimmer of intermediate level.

** High School level defines a swimmer who enjoys the High School experience, and wishes to improve his/her stroke. There is not the same level of time commitment as the Junior or Senior groups.

Desert Storm Swimming Practice Schedule

All practice sessions are held at the Dula Municipal pool at
431 East Bonanza Road, Las Vegas.

Lessons Group Monday, Wednesday, Friday
4:00 PM to 5:30 PM

Age Group Monday thru Friday
4:00 PM to 6:00 PM

High School Monday thru Friday
4:00 PM to 6:00 PM

Juniors/Seniors Monday thru Friday
3:30 PM to 6:00 PM

Saturday mornings
7:00 AM to 9:00 AM

Doubles during the summers only