

# IVDA

## Imperial Valley Desert Aquatics

*The Imperial Valley's only swim team recognized by USA Swimming provides the best swimming instruction available. With the latest techniques, expert coaching, and excellent facilities, athletes will be taught the essentials of competitive swimming.*

*IVDA is a year-round competitive team and, as such, all our swimmers and coaches are registered with USA Swimming through our Local Swim Committee (LSC) which is San Diego-Imperial Inc. The Annual registration fee is \$57 and is good through December 31, 2009. All IVDA swimmers are required to be registered with USA Swimming in order to participate in any practices and/or meets.*

### MISSION

With the vision to improve swimming in the Imperial Valley, IVDA has already had an effect on swimming in the valley, leading swimmers to breaking school records and achieving sectional qualifying times.

### FACILITIES

#### Brawley

Lions Center Pool 225 A Street

#### El Centro

Central High School Pool 1001 Brighton Ave.

### COACHES

With resumes that include working with an Olympic medalist, a world record holder, national champions, nationally ranked swimmers, national record holders and state record holders, IVDA coaches have the experience to coach swimmers of all levels and abilities.

## Programs

Imperial Valley Desert Aquatics practices 5-6 times per week. This is a competitive swim team that swims in nationally recognized meets. Meets are usually in San Diego once a month. The team is divided into three groups:

**Purple Group** is committed to the development of younger swimmers, ages 5-10. Practices are Monday through Friday for 1 hour. \$40/mo.

**Gold Group** is designed for swimmers who have some competitive swimming background. Typically, swimmers in the Gold Group have participated in a summer recreation league. The emphasis of this group is speed development and refinement of strokes. Practices are Monday through Friday for 1 hour and 30 minutes. \$55/mo.

**Senior Group** is the most advanced group and requires athletes to commit accordingly. Swimmers in the senior group are preparing for national level meets. Practices are Monday through Saturday for 2 hours. The senior group also meets two days a week for a second practice. These practices are to be determined. \$70/mo.

## Clinics

Clinics are offered to those athletes who would like further instruction or those who would like to try out the IVDA experience. The primary focus of clinics will be skill development through the use of drills. Clinics are offered at the El Centro and Brawley facilities. \$15/clinic



## Practice Times

### Brawley

#### 6/1/2009 THRU 6/12/2009

Senior Group 5:30-7:30pm  
Gold Group 5:30-7:00pm  
Purple Group 5:30-6:30pm

#### 6/15/2009 THRU 7/24/2009

Senior Group 5:00-7:00am  
Gold Group 5:30-7:00am  
Purple Group 6:00-7:00am

#### 7/27/2009-8/21/2009

Senior Group 6:00-8:00am  
Gold Group 6:30-8:00am  
Purple Group 8:00-9:00am

### El Centro

#### 6/15/2009 THRU 7/24/2009

Gold Group 10:00-11:30am  
Purple Group 11:30-12:30pm

#### 7/27/2009-8/21/2009

Gold Group 10:00-11:30am  
Purple Group 11:30-12:30pm

### CONTACT INFORMATION:

#### Team Representative

Julie Corda

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#### Team Website

<http://ivda.freehostia.com>