

6 Reasons to Become a USRP Racers Swim Family

- 1) **Safety.** We live in an area with water everywhere – backyard pools, lakes, the ocean. Your kids will become strong swimmers with USRP Racers.
- 2) **Excelling in school.** Swimming teaches many skills that help with school, such as time management, hard work, and goal setting.
- 3) **USRP families.** We have a group of dedicated families who work together to help their kids succeed. Many give unselfishly of themselves for the success of our team. Our swimmers are respectful and hard-working. **NO DRAMA** permitted.
- 4) **USRP coaches.** We have 8 coaches, thus providing a small swimmer-to-coach ratio unmatched in Volusia county. They are all coach members of USA-Swimming, have credentials, safety and educational training, and background checks. Seven of the coaches are, or were, swimmers themselves, and all are passionate about helping your children improve through the USRP protocol. This is more than a “job” to them; it is family.
- 5) **Health.** Swimming is a lifetime sport that boosts cardiovascular fitness while working the entire body. Posture and flexibility improve through movements that can be done only in the water. Swimming does not punish joints, bones, or ligaments. Swimming as a youth is great preparation for later triathlete competition.
- 6) **Your kids will love the team.** Here is a recent message from one our moms. “Because of the cold weather, I have kept the kids out of the pool for the last couple of days and they were so sad to miss. If it is warmer today like the forecast shows, would you mind if I bring them even though it isn't part of their schedule? If not, I understand. Thank you for everything you do. Kim” Try us for one week with no charge. For more information, go to usrpracers.com or call Rob Klotzbach 386-5663404 or Anne Grams 386-451-1910.