



Fort Bragg Swim Team



**PACIFIC
SWIMMING**

September 25, 2015

In regards to the 2015 Spring Diversity Grant funding to the Fort Bragg Aquatics Swim Team, we feel our developmental program has been enhanced and more successful by the funding support.

We targeted the local school district 2nd, 3rd and 4th graders and invited them to join our team. We attracted a total of 22 Outreach students (2 pending), including eleven boys and eleven girls. The demographics include 14 Latino, 7 White and one African/American swimmer.

Each of these Outreach swimmers were provided with FBA team caps and goggles, team T-shirts and some swim meet entry's were paid for. We were able to afford additional swim lane space for the increased number of new swimmers. Each were registered with USA-S with the Diversity Outreach membership program. All the costs were split with grant funds and FBA team funds.

We held internal swim competitions and provided awards for their achievements, which I believe gave them more confidence in their new swimming skills and promoted team spirit.


Our recruitment and advertisement program included developing team fliers and brochures and advertising to the schools and ads in the aquatic facility programs booklet. The fliers and instruction materials were printed in both English and Spanish.

As each new swimmer joined our team, we assessed their skill level and introduced new swim skills to prepare them for our LSC swim meets. Most of these new swimmers did sign up to compete in local meets improving their skills and creating an interest in the sport of swimming. These are some of the criteria we used to determine the success of our outreach developmental program.

Finally, the size of our team has grown which I believe is an additional asset as it shows other local children the possibility of being on a swim team is available, and it increased the awareness of our swim team to the community. The over-all success of our developmental program is observable and measurable due to the financial support of the Diversity Program Funding.

Included with this report are copies of receipts for the expenses of our program and materials for new swimmers. Photos of the group(s) will be submitted in a separate e-mail attachment.

Thank you for your support of the Fort Bragg Aquatics Swim Team, Zone 3.


Coach Bob Rodriguez
landb@mcn.org



Fort Bragg Swim Team

2015 Summer Session

Register for FBA Swim Team!

Fun and Excitement in a Friendly Atmosphere

Local Team, Local Kids, Join Now!

Now Open for Ages 6-10

***Financial Aid Now Available**

**Learn to swim all
Four Strokes**

**Build
Confidence and
Leadership Skills**

**Build Flexibility,
Coordination
and Endurance.**

Be part of our growing team at the C.V. Starr Community Center swimming pool.

If you never had swim lessons or you want to continue learning new swimming skills after swim lessons, now is the time to join the FBA Swim Team!

We offer several swim practice options to fit your schedule.

Now in our 5th year as a local swim team, the Fort Bragg Swim Team has three professionally trained swim coaches and 5 progressive skill levels from beginner to advanced using developmental swim team training with structured workouts.

Financial Aid Available Upon Request to assist with team fees and uniforms.

For Additional Information Please Contact:

Coach Bob Rodriguez

(707)937-4271

landb@mcn.org

www.fortbraggaquatics.com

www.facebook.com/fortbraggaquatics

Sanctioned by USA-Swimming and Pacific Swimming Zone 3 since 2010. All coaches are USA-Swimming CPR and First Aid certified.

Proudly Sponsored by Friends of MCRPD



Fort Bragg Equipo de Natacion

La session del verano 2015

Inscribete en equipo de natacion FBA
Diversión y un ambiente agradable
Equipo local. Niños Locales. Únete ahora.
Abierto para edades 6-10

***Una nueva ayuda financiera disponible a petición**

**Aprende todos los
movimientos de
natacion**

**Ayuda a construir
confianza y
habilidades de
liderazgo**

**Excelente deporte
para construir
flexibilidad y
coordinacion**

Para obtener mas informacion,
favor de contactar al:

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Sea parte de nuestro creciente equipo de la CV Starr piscina comunitaria.

Si usted nunca tuvo clases de natacion o desea continuar aprendiendo nuevas clases de natacion, despues de la clases de natacion, ahora es el momento de inscribirse al FBA equipo de natacion.

Varias opciones de practica de natacion disponibles para adaptarse a su horario.

El equipo de natacion de Fort Bragg, ahora el quinto año como un equipo juvenil local, cuenta con tres entrenadores de natacion; con formacion profesional, 5 niveles de habilidad progresistas – desde principante a avanzado, y utilizaremos entrenamientos estructurados.

*Ayuda financiera para cobros o mercancía del equipo

Sancionados por USA-Natcion y Natacion Pacifico Zona 3 desde el 2010. Todos los entrenadores son USA-S, CPR certificados y entrenados para Primeros Auxilios.

Patrocinadores – Amigos de MCRPD