

# SPRINGFIELD AQUATICS TRAINING SCHEDULE

## AGE-GROUP

### *Silver*

Monday	5:00 - 6:15
Tuesday	6:45 - 7:45(2X/mo)
Wednesday	5:00 - 6:15
Thursday	5:00 - 6:15
Friday	5:00 - 6:15

### *Gold*

Monday	6:15 - 8:00
Tuesday	6:45 - 8:00(2X/mo)
Wednesday	6:15 - 8:00
Thursday	6:15 - 8:00
Friday	5:00 - 6:15
Saturday	8:00 - 9:30

## SENIOR

Monday	5:00 - 7:15
Tuesday	6:30 - 8:00
Wednesday	5:00 - 7:15
Thursday	5:00 - 7:15
Friday	5:00 - 6:30
Saturday	7:30 - 9:30

## FEES:

**AGE GROUP Team:** Silver: \$50 per month for the first child\*; Gold: \$55 per month for the first child\*; Plus \$45 per year for United States Swimming registration.

**SENIOR Team:** \$60 per month for the first child\*; Plus \$45 per year for United States Swimming registration.

*\*additional children 50% each*

*Join the*

# SPA

*Panthers*



## Springfield Aquatics Swim Team

*Coached by  
Brian Reynolds*

*Bryan Beatty*

*Bill Rose*

*at*

*Drury University*

## MISSION STATEMENT

Springfield Aquatics (SPA) is a year-round USA swim team dedicated to providing a program of swim instruction and competition for young people. The SPA Coaching Staff strives to teach young athletes not only the fundamentals of the sport, but also the value of good sportsmanship, discipline, and dedication. Developing young people to the best of their abilities is the number one goal of the Panthers.

## ELIGIBILITY

The Panthers welcome and encourage athletes with all levels of experience and ability, however, the program is not designed to teach young people how to swim. Instead, the coaching staff teaches the fundamentals of competitive swimming, including stroke technique, physical conditioning and mental preparation. Those wishing to join Springfield Aquatics should have a basic grasp of the four racing strokes: Freestyle, Backstroke, Breaststroke, and Butterfly, and are encouraged to complete basic swimming lessons before joining the team. Lessons are available through the Springfield Prep Swim Team, and are taught by Brian and Amy Reynolds, along with swimmers from the Drury Panther Swim Team and Springfield Aquatics.

## ORGANIZATION

SPA is a member of USA Swimming, the national governing body of the sport in this country. The Panther's 100+ members are split into practice groups according to age and ability. The Silver Group primarily works on stroke development. The Gold Group continues to work on stroke development while introducing the swimmers to endurance training. The Senior Group emphasizes stroke technique and endurance, and begins specific training geared towards the swimmers' primary events. Practices are offered 6 days per week and the SPA coaching staff recommends that new swimmers attend a minimum of three practices each week. An active Parent's Association oversees club operations and coordinates volunteer activities. Recent team trips have included trips to University of Texas at Austin and IUPUI in Indianapolis.

## FACILITIES

The Springfield Aquatics program operates year round at Drury University with additional pool time at Meador Park in the summer. Built in 1988, Drury University's pool is a ten lane, 25-yard facility. Equipped with the Colorado automatic timing system and a large scoreboard, the Springfield Aquatics Panthers train and compete in a facility that rivals many Division I schools and is home to the Drury University Panthers, National NCAA-II Champion Men's and Women's Swimming Teams.

## COACHING STAFF

*HEAD COACH:* Brian Reynolds, also the head coach for the Drury University Panthers Swim Team, has been named both NAIA and NCAA-II Coach of the Year eight times. Brian has been a competitive swimmer since he was 9 years old and was a member of the Drury College National Championship Team in 1981 and 1982.

*ASSISTANT COACH:* Bryan Beatty, who also is the Drury University Assistant Swim Coach, swam as a young age group athlete, and completed a successful collegiate swimming career at SMSU. He has coached swimming at SMSU, Houston, TX, and Lawrence, KS, before coming to Springfield in 1998.

*AGE GROUP COACH:* Bill Rose is a native of Bryan, Texas and is the Drury team record holder for the 200 backstroke. He was the NCAA-II National Champion in the 100 and 200 Backstroke events in 1999 and and competed in the 2000 Olympic Trials. His knowledge and swimming talents have helped make him a positive influence both as a swimmer and as a coach for the Drury swim programs and Springfield Aquatics.

*If you would like more information about the Springfield Aquatics Swim Team, contact Bryan Beatty at 873-7422 or our website <http://spa.drury.edu/spa>*

