



## Welcome to WAVE

WAVE offers a multi-track competitive swimming program for athletes of all ages and ability levels. For over 25 years WAVE has developed champion swimmers and enriched the lives of hundreds of student athletes in the Triangle. Our professional coaching staff instructs, motivates and instills the desire to maximize individual potential in each of our athletes.

The WAVE program includes goal setting, nutrition, and overall physical fitness. WAVE also helps develop self-discipline, good sportsmanship, high self-esteem, and other character traits and life skills that will carry over from childhood to their adult lives.

- ✓ Best swimming facilities in the area
- ✓ High Coaching Staff Retention
- ✓ Strong Swimmer Retention
- ✓ Over 160 Years Combined Coaching Experience

### Convenient Triangle Area Locations:

- Triangle Aquatic Center
- Granite Falls
- Optimist



**WAVE Swimming**  
Building Value-Driven Leaders For Life

WaveCoaches@NewWaveSwimTeam.org  
www.NewWaveSwimTeam.org  
(919) 981-0644

PO Box 18012  
Raleigh, NC 27619



- ✓ **LEARN TO SWIM**
- ✓ **LOVE TO SWIM**
- ✓ **LIVE TO SWIM**
- ✓ **SWIM TO LIVE**



*Trust your child's dreams and lifelong swimming development to WAVE.*