

Red Fox Aquatic Club Philosophy

Mission Statement

- 1. To help each individual swimmer realize his or her potential to its fullest. The human qualities of self-motivation and self-discipline are emphasized to achieve this goal.**
- 2. To give the swimmer a basic understanding of human anatomy and principles that create human motion. It is not enough to know "how" a skill is performed, but "why" it is performed.**
- 3. And finally, to introduce the individual to the stresses of competitive athletics and their affects on life.**
- 4. RFAC philosophy is to promote awareness and water safety by offering children and adults the skills that will foster a safe and lifelong love of the water. We individualize our swim lesson so that each swimmer progresses at their own level of readiness.**