Virginia Swimming strives for Excellence! We will:

- Provide opportunities for swimmers of all abilities to achieve to the highest level of their capability through effective, innovative and inspired events and programs.
- Support and sustain excellence among all nonathlete members through education, encouragement, and recognition.
- Embody the highest standards of sportsmanship and, in recognition that swimming is but one part of our existence, promote those values that lead to success in all aspects of life.

Simply Put:

Virginia Swimming stands for Opportunity, Excellence, and Sportsmanship