

MEY Manta Rays Practice Groups

➤ Junior Groups for swimmers aged 12 & Under

Junior 1 (J1): For our youngest swimmers, this group is an introduction to the Swim Team. Practice three (3) days a week. Must have the basics of all four (4) competitive strokes – backstroke, breaststroke, butterfly and freestyle. Swimmers will work on stroke refinement as well as master a forward flip turn and racing dive. Swimmers will build endurance to be able to compete in 25 and 50 yard races.

Short Course Season (September – March): Swimmers will be assigned to a dual meet team, and are welcome to join USA Swimming. All 8 & Unders will participate in the Y 8 & Under Championships in February. 9-10s are expected to compete in all Y Championships they qualify for in February.

Stroke & Turn Clinic (April-May): Swimmers are encouraged to participate in the Clinic. The Clinic provides in-depth work on each stroke, and introduces the back stroke flip turn. With the Coaches permission, swimmers may enter 1 or 2 long course swim meets.

Long Course Season (April-August): With Coaches permission, swimmers may enroll in long course (50 meter) practice and meets.

Summer Recreational Swim Teams (NOT SPONSORED BY MEY): All MEY J1 swimmers are encouraged to participate in a summer swim teams such as those at the Metuchen Municipal Pool, Edison Community Pool or other local swim clubs.

Junior 2 (J2): For swimmers who have mastered the basics of all four (4) strokes, the racing dive, and flip turns. J2 swimmers continue to improve stroke technique with the emphasis now shifting to speed and endurance needed for competition. J2 swimmers will compete in all four (4) strokes and individual medleys. Swimmers are expected to compete in all distances for their age.

Short Course Season (September – March): Swimmers will be assigned to a dual meet team, and are encouraged to join USA Swimming. Swimmers are expected to attend Y dual meets, USA and Y Invitationals and all championships.

Stroke & Turn Clinic (April-May): Swimmers are encouraged to participate in the Clinic. The Clinic provides in-depth work on each stroke, and perfect the back stroke and freestyle flip turns. With the Coaches permission, swimmers should expect to enter long course swim meets.

Long Course Season (April-August): With Coaches permission, swimmers may enroll in long course (50 meter) practice and meets.

Summer Recreational Swim Teams (NOT SPONSORED BY MEY): All MEY J2 swimmers are encouraged to participate in a summer swim teams such as those at the Metuchen Municipal Pool, Edison Community Pool or other local swim clubs.

Junior 3 (J3): For swimmers ages 8-12 who have legal strokes and can compete regularly at the 100 yard distance. Swimmers are expected to attend at least 4 out 5 practices per week. J3 swimmers are expected to work on competitive techniques to improve speed and endurance.

Short Course Season (September – March): Swimmers will be assigned to a dual meet team, and are required to join USA Swimming. Swimmers are expected to attend as many meets as possible during the season, and attend Y championships.

Stroke & Turn Clinic (April-May): Swimmers are expected to participate in the Clinic. The Clinic provides in-depth work on each stroke, and explores how technique wins races. Swimmers are expected to compete in Long Course Meets

Long Course Season (April-August): Swimmers are expected to participate in Long Course Season.

Summer Recreational Swim Teams (NOT SPONSORED BY MEY): All MEY J3 swimmers are encouraged to participate in a summer swim teams such as those at the Metuchen Municipal Pool, Edison Community Pool or other local swim clubs.

Junior 4 (J4): For our most experienced 12 & Under swimmers. Swimmers are required to join USA Swimming, and compete in all meets possible. Swimmers should expected to practice at least 5 times per week. J4 swimmers are working toward qualifying for Y Silver and State championships. J4 swimmers are year-round swimmers for MEY.

Short Course Season (September – March): Swimmers will be assigned to a dual meet team, and are required to join USA Swimming. Swimmers are expected to attend as many meets as possible during the season, and attend Y championships.

Stroke & Turn Clinic (April-May): Swimmers are expected to participate in the Clinic. The Clinic provides in-depth work on each stroke, and explores how technique wins races. Swimmers are expected to explore the distance events such as the 400IM and the 500 freestyle, and will compete in Long Course Meets

Long Course Season (April-August): Swimmers are expected to fully participate in Long Course Season.

Summer Recreational Swim Teams (NOT SPONSORED BY MEY): All MEY J4 swimmers are encouraged to participate in a summer swim team such as those at the Metuchen Municipal Pool, Edison Community Pool or other local swim clubs. Participation in a summer team is in addition to participating in MEY's Long Course season.

➤ Senior Groups for 12 & Over ages

Senior 1 (S1): Senior 1 swimmers are committed to competitive swimming as part of their Middle and High School activities. They are leaders in our Y Dual Meet program, and work to qualify for Y Championships. S1 swimmers are encouraged to join USA Swimming. Practices are geared to helping swimmers achieve their goals in both Y and high school swimming. S1 swimmers are expected to participate in the Stroke and Turn Clinic, and encouraged to join the Summer Long Course program.

Short Course Season (September – March): Swimmers will be assigned to a dual meet team, and are encouraged to join USA Swimming. Swimmers are expected to attend as many dual meets and Y invitationals as possible, and attend Y championships.

Stroke & Turn Clinic (April-May): Swimmers are expected to participate in the Clinic. The Clinic provides in-depth work on each stroke, and explores how technique wins races. Swimmers are encouraged to compete in at least one Long Course Meet.

Long Course Season (April-August): Swimmers are encouraged to participate in Long Course practice and welcome to attend Long Course meets that they qualify for.

For summer: S1 swimmers are encouraged to participate in Rec teams, and Junior Lifeguard programs at the beach. S1 swimmers 15 & Over are encouraged to consider training and employment as a Swim Instructor and/or Lifeguard.

Senior 2 (S2): MEY's most advanced and competitive training group. Swimmers are required to participate in both Y and USA Swimming meets. S2 swimmers are expected to train and compete year-round. S2 swimmers will travel to away (overnight) meets. S2 swimmers are expected to attend 90% of pool practices each week as well as 2-3 dry land fitness trainings.

Short Course Season (September – March): Swimmers will be assigned to a dual meet team, and are expected to attend all dual meets and Y invitationals (including all Y Championships qualified for). USA swimming meets are used to build out a full body of times.

Stroke & Turn Clinic (April-May) and Long Course Season (April-August): Swimmers are required to participate in the Clinic. The Clinic provides in-depth work on each stroke, and explores how technique wins races. Swimmers compete in as many Long Course Meets as possible working towards Championships in late July.

For summer: S2 swimmers are encouraged to participate in Rec teams, and Junior Lifeguard programs at the beach with the understanding that these practices and competitions come second to MEY participation in Long Course. S2 swimmers 15 & Over are encouraged to consider training and employment as a Swim Instructor and/or Lifeguard.