



The program levels are designed and organized by the YMCA coaching staff and are structured to accommodate many different ages, abilities and interests.

A swimmers placement in the appropriate group is determined by evaluating multiple factors. Ultimately the coaching staff reserves the right to place swimmers in the squad that will best fit that swimmers needs, level of commitment and their level of ability.

Senior Squads:

Group Name:	Varsity
Group Focus:	Competitive: This program is primarily for 13 and over swimmers. Varsity swimmers will focus on the development of the four competitive strokes, aerobic conditioning, racing strategies, racing starts and turns, along with goal setting and better nutritional awareness. Swimmers at this level will work towards qualifying for higher levels of the Mako program. Swimmers will have the opportunity to participate in both YMCA and USA meets and events.
Skill Requirements:	Must successfully complete 50 yards of both Freestyle and Backstroke and show some understanding of Butterfly and Breaststroke.
Weekly Practice Opportunities:	Five practices per week. Swimmers are expected to attend at least three of the five practices per week.
Notes:	Swimmers must be YMCA and USA Swimming members.

Group Name:	Senior
Group Focus:	Competitive: This program is primarily for 13 and over swimmers that can meet the basic training requirements, (7 th grade swimmers aged 12 must have achieved a CTAG time standard). The Senior squad will focus on development in all areas of the sport through water workouts as well as dry land training. Swimmers will be exposed to training cycles that implement aerobic and anaerobic cycles to better prepare them for higher levels of the Mako program. Goal setting is a major part of this group's development and the YMCA core values are highly stressed. Swimmers in this group will display higher levels of commitment and the ability to represent the RYWC at YMCA and USA meets and events within the local, State, Regional and National areas.
Skill Requirements:	Must demonstrate the ability to complete the following Training Set Requirement: 8 x 100yds freestyle on 1:30. Swimmers must also demonstrate proficiency in each of the four competitive strokes. Once the group is at capacity Competitive Performance Standards will be applied.
Weekly Practice Opportunities:	Seven practices per week. Swimmers are expected to attend at least four of the seven practices per week.
Notes:	Swimmers must be YMCA and USA Swimming members.

Group Name:	HS Prep – Fall Only
Group Focus:	Fitness Development: This is a fitness conditioning program that offers high school aged individuals that wish to swim for health reasons or prepare for upcoming high school seasons a safe and controlled environment to do so. This program will be designed to challenge participants in order to improve stroke technique, aerobic capacity and strength development in the water. Swimmers are encouraged to participate in meets but it is not mandatory.
Skill Requirements:	Must complete 100 yards of the front crawl without stopping, and show a basic understanding and ability to demonstrate the competitive swimming strokes.
Practice Opportunities:	Five practices per week. There is no requirement for attendance but it is highly recommended that swimmers participate in all weekly practices.
Notes:	Swimmers must be a YMCA member, USA Swimming membership is optional.

