

# RYWC MAKOS SWIM CLUB

## Program Information

**MINI MAKOS** - our PRETEAM group, introducing young athletes to the world of competitive swimming! Through the application of drills and skill repetition our mini Makos will develop a sound understanding of the basic swimming fundamentals. Our Mini Makos are taught an appreciation of the sport from an early age! Practices last 45 minutes. As the season progresses meets are offered approximately every 6-8 weeks. Swimmers must be able to complete at least one full length of the pool without stopping to be eligible for the program. Ideal age (but not limited to) is 6-9 yrs of age. If a swimmer cannot yet complete a full length of the pool without stopping, the YMCA offers the best learn to swim curriculum available anywhere. More information about the YMCA swim lesson can be found on the YMCA's website.

**Practice Sessions/Week:** Monday and Wednesday

**Location:** YDAC – Gap pool

**SHORT FINES**- our competitive 9 and under group, where swimmers develop strong foundations in all four of the competitive swimming strokes through the application of drills, games and full stroke swimming. Swimmers will learn what it means to be a part of team and have opportunities to compete at the YMCA and USA Swimming levels. Practices are 45 minutes in length and the group meets twice each week. Strokes will be broken down into drills that will be built on to develop the full stroke over the course of the season. Swimmers should be able to display good listening skills, and must be able to swim a full length of the pool (25yds) of freestyle and backstroke without stopping. Swimmers in the Short Fins group range in age from 6-9yrs old.

**Practice Sessions/Week:** Tuesday and Thursday

**Location:** YDAC

**LONG FINES** - This is a beginner level group for swimmers aged 10-12yrs old focused on the improvement of all four competitive strokes, starts, turns, finishes, and racing strategies. The Long Fins group officially puts a swimmer on the "road" heading up the Mako "super-highway" of competitive swimming. It is a great place for newer competitive swimmers coming from summer league or advanced swim lessons, looking to commit to two to three practices a week. We emphasize stroke technique, teamwork, basic training etiquette and behavior. Meet participation is encouraged at the YMCA and USA Swimming levels. Meets are offered approximately every 3-4 weeks. Squad goals include building endurance and strength to take on longer swims and races, developing the knowledge base of the rules and understanding of how to track progress based on motivational time charts.

**Practice Sessions/Week:** Monday, Wednesday and Friday

**Location:** YDAC

**JUNIOR** – A competitive group focused on the further development of stroke technique, interval training and pacing, along with aerobic development designed to help our swimmers progress to the CTAG level. Junior squad swimmers will work to develop higher levels of aerobic endurance, strength development through dryland exercises and racing skills. To qualify for the Junior level swimmers must show competency in all of the four competitive swimming strokes as well as demonstrate a respectful and positive attitude at practices and swim meets to all team members. We encourage and teach a lifelong love and appreciation of the sport as we introduce this group to more rigorous training, preparing them to compete at the state and regional levels. Group goals include developing consistent practice attendance, regular meet attendance, using personal goals to support motivation and achieving USA Swimming’s “A” times.

**Practice Sessions/Week:** Monday – Thursday, and Saturday

**Location:** YDAC

**CTAG** - The higher level of the Mako Age Group Program focused on the further development of stroke technique, interval training and pacing, along with aerobic development for swimmers 10-12yrs old. Swimmers must demonstrate a higher level of proficiency in all four of the competitive strokes. This program is tailored for swimmers who have dedicated themselves to the sport of swimming, and are capable of consistently performing difficult training sets in practice. Regular practice attendance is expected, and swimmers work towards qualifying, competing and scoring at the CT Age Group Championships. Practices are offered 6 days a week where swimmers can expect to be challenged through aerobic and anaerobic training sessions, continuous skill development through drills and dryland circuits to help develop core strength. Meet participation is required. *Swimmers will be placed in this group at the Coach’s discretion*

**Practice Sessions/Week:** Monday – Saturday

**Location:** YDAC

**REGIONAL** – A bridge group for the higher level of the Mako Age Group and Senior Program focused on the further development of stroke technique, interval training and pacing, along with aerobic development for swimmers 13-17yrs old. Swimmers must demonstrate a higher level of proficiency in all four of the competitive strokes. This program is tailored for swimmers who have dedicated themselves to the sport of swimming, and are capable of consistently performing difficult training sets in practice. Regular practice attendance is expected, and swimmers work towards qualifying, competing and scoring at the CT Age Group Championships and the CT Senior Open. Practices are offered 6 days a week, along with a morning practice, where swimmers can expect to be challenged through aerobic and anaerobic training sessions, continuous skill development through drills and dryland circuits to help develop core strength. Meet participation is required. *Swimmers will be placed in this group at the Coach’s discretion*

**Practice Sessions/Week:** Monday – Saturday

**Location:** YDAC

**STATE** – The State Group consists of predominantly 14 and older swimmers in high school with the ability, desire and commitment to continue to develop their competitive swimming career with the Makos. Workouts are designed to help our senior level athletes develop their technique, speed and endurance in all four of the competitive swimming strokes. In addition, many members of this group swim concurrently with their high school swim teams. Swimming with this group will work hand in hand to provide the additional training needed for the high school swimmer to be competitive in both the USA Swimming and CT High School programs.

**Practice Sessions/Week:** Monday – Saturday

**Location:** YDAC

**NATIONAL DEVELOPMENT GROUP** - This is the highest competitive level offered by the Makos Swim Club and the RYWC. Recommended for swimmers 14 and over who wish to participate in Sectional, National and potentially International competitions with a strong emphasis on YMCA Nationals, USA Junior Nationals and Nationals. Athletes also work to qualify as USA Scholastic All-Americans by demonstrating efficient time management in order to balance school work with a high intensity athletic workload. This high intensity/ high reward group trains daily incorporating pool and dryland practices each week. Practices are tailored to swimmers strengths through a multiple training group breakdown (Sprint, Stroke/IM, and Distance) over a period of seasonal phases (general conditioning, race phase and championship preparation). A structured strength development program is offered as well in the main building gymnasium of the YMCA. As swimmers progress through the group assistance with the college recruiting process is offered to all group members. There is also a strong emphasis on community service as well as leadership development. *Swimmers will be placed in this group at the Coach's discretion*

**Practice Sessions/Week:** Monday – Saturday (AM and PM)

**Location:** YDAC