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# B.R. RYALL YMCA SWIM TEAM

SEPTEMBER 2019 – AUGUST 2020 | REGISTRATION PACKET



**TRAINING  
CHAMPIONS  
SINCE 1966**





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### **WELCOME, PARENTS AND SWIMMERS!**

If you are new to our program, we're excited to have you join our team for the 2019-2020 season, which starts on Tuesday, September 3. And for returning families, it's great to have you back again.

The B.R. Ryall YMCA Swim Team—one of the top teams in the state—offers an exciting opportunity for swimmers of all levels to experience competitive swimming under the instruction of top professional coaches. Our team holds eight Illinois Swimming State Records and 40 YMCA State Championships. Former team members include an Olympic Trials qualifier, a member of the U.S. Paralympics Team, YMCA National Champions and several athletes currently competing in college swimming.

Please review this entire packet carefully to ensure you are familiar with all team policies, commitments and important dates. If you have any questions or concerns, please refer to our team website at [www.brryall.com](http://www.brryall.com) or email me at [jaddison@ryallymca.org](mailto:jaddison@ryallymca.org).

We look forward to working with your athlete for a great swim season ahead!

Jon Addison  
Director, Competitive Aquatics / Head Coach



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### TRAINING GROUPS

Each swimmers will be placed in the appropriate group outlined below based on demonstrated skill and maturity level and at the coaches' discretion. More in-depth descriptions of the training groups are available on the website at [www.brryall.com](http://www.brryall.com). **Please note:** No one will be moved down unless they choose to do so.

#### DISCOVERY

The Discovery Phase encourages beginning to intermediate swimmers to experience the fun and excitement of the sport. Practice groups are geared toward learning the basic swimming fundamentals, as well as instilling focus and pride for both individual and team accomplishments.

**WHITE GROUP:** For new competitive swimmers, this group is focused on learning the basics of the four strokes.

**Requirements:** Must be able to swim 25 yards backstroke and freestyle without stopping.

**Practice:** Monday, Wednesday, Friday (early evening); Sunday

**Attendance:** Recommended 2-3 practices per week

**Equipment:** Short fins

**Age minimum:** 5 years old

**BLUE GROUP:** The Blue Group will start to learn about proper training and finer stroke details. There will be an emphasis on proper behavior and focus during practice will start to be increased. Dryland is introduced with a focus on foundational movement.

**Requirements:** Must be able to consistently complete a 100 IM.

**Practice:** Monday, Wednesday, Thursday; Sunday

**Attendance:** Recommended 3-4 per week

**Equipment:** Short fins, pull buoy

**Age minimum:** 7 years old

#### IMAGINATION

The Imagination Phase is intended to guide the mind of intermediate to advanced swimmers toward the future. At this stage in their swimming career, the focus is to become tough, determined and committed athletes. They begin to learn and understand goal setting and the competitive process, helping them advance to the next level.

**BRONZE GROUP:** An introduction to training group, swimmers will learn to push past comfortable physical and mental boundaries, and to use advanced mechanics while training. Dryland is incorporated with an emphasis on recovery and kinesthetic awareness.

**Requirements:** Athletes must be able to swim a 100 in all strokes and attend a minimum of three practices per week.

**Practice:** Monday through Friday; Sunday

**Attendance:** Recommended 4-5 per week

**Equipment:** Short fins, TYR Catalyst paddles, pull buoy or kick/pull

**Age minimum:** 9 years old



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### TEAM GROUPINGS

#### IMAGINATION (continued)

**GOLD GROUP:** Focused on training and energy system development, athletes will work on fine tuning of mechanics while setting short- and long-term goals throughout the season and looking forward to high school performance. Dryland becomes a key factor in training.

**Requirements:** Athletes must be able to swim a 200 in all strokes

**Practice:** Monday through Friday; Sunday

**Attendance:** Recommended - all practices; required - 60%

**Equipment:** Short fins, TYR Catalyst paddles, training snorkel, pull buoy or kick/pull

**Age minimum:** 10 years old

#### PREPARATION

The Preparation Phase is about being competitive and reaching the next level through training. Athletes will learn about and focus on the next level based on their current ability and what is necessary to achieve their goals. This encompasses all of the skills of being a focused, proud, tough and committed team member.

**SENIOR GROUP:** This group makes the shift from skill development to competition training. Aerobic endurance is stressed, with suggestions on what to do outside of practice time. Athletes are expected to compete and strive to be successful.

**Practice:** Monday through Friday p.m.; Monday, Wednesday, Friday, Saturday a.m.

**Equipment:** Short fins, TYR Catalyst paddles, pull buoy or kick/pull, training snorkel

**Age minimum:** 14 years old

**SENIOR ELITE:** This group takes all of the foundational blocks built over time and uses them to start reaching for the top. Athletes will be expected to attend every practice, physically and mentally. Training varies heavily based on time of year, goals and body composition. Strength training becomes key, as does open dialogue about goals and what is going on within the workouts.

**Requirements:** Athletes must attend six practices per week and every meet on their schedule.

**Practice:** Monday through Friday (TBA);

Saturday (non-meet weekends); Sunday (occasional workouts), multiple A.M.

**Attendance:** Recommended - all; required - 80%

**Equipment:** Short fins, TYR Catalyst paddles, training snorkel, pull buoy or kick/pull

**Age minimum:** 13 years old



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### TRYOUTS

New athletes must attend a tryout prior to registration. Tryout dates and times are available at [www.brryall.com](http://www.brryall.com).

### REGISTRATION

Registration for current members will open on July 14, and for new members on July 29. Due to limited pool space, each group has a limited number of athletes it can take. As such, priority registration is outlined below.

#### REGISTRATION PRIORITY

1. Full year registration for current members in good standing
2. Full year registration for former members in good standing
3. Full year registration for new members who are siblings of current/former members
4. Full year registration for new members
5. Month-to-month registration following the above priority order

Athletes may register for an annual membership until March 1. **All swim team members must be members of the B.R. Ryall YMCA.**

### FEES

Our program bills monthly. You may register for an annual or a month-to-month membership (with the exception of Gold and Senior Elite groups). Those who register for an annual membership will be responsible for payments for the entire year.

GROUP	12-MONTHS	MONTH-TO-MONTH
Discovery White	\$90	\$120
Discovery Blue	\$125	\$155
Imagination Bronze	\$160	\$190
Imagination Gold	\$195	-
Senior	\$120	\$160
Senior Elite	\$230	-

#### ANNUAL ADMINISTRATIVE FEE: \$150

Fees include coaching fees, pool rental, 2 t-shirts, 2 silicone caps, USA Swimming registration, a team swimsuit, meet entry fees for all closed YMCA and Championship meets, and the banquet fee for the athlete. Extra apparel is available for purchase. \*Travel costs, required training gear and YMCA membership fee are not included.

### MEET ENTRIES

At the start of the season, individual meet schedules will be posted. Athletes will have until a set deadline to make commitments for each meet. Upon initial meet acceptance, entries will be posted—after which time no changes can be made. Following meet acceptance by the host team, entry fees (if applicable) will be invoiced.

Prelim/Finals Meets - Athletes who qualify for finals **MUST** attend. Failure to do so will result in a \$50 charge.

### TRAINING GEAR

Required training gear will be used on a regular basis. All gear should be purchased through our provider, Swimmer's Edge.



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### **BILLING AND PAYMENT INFORMATION**

Upon registration, you will be billed for your first month, as well as for a \$150 annual administrative fee. Billing is generated on the 20th of each month and charged on the 1st of the month.

Athletes who compete on their high school swim team may register for annual or month-to-month billing; regardless of payment selection, they will not be billed during respective competitive seasons. Billing will resume upon returning to the pool.

### **MEMBERSHIP CANCELLATIONS AND PAYMENT POLICIES**

Any member who decides to not swim prior to the first practice can receive a refund for their first payment; however, the administrative fee will not be refunded.

Families on month-to-month membership who wish to cancel must do so by the 20th of the month. Athletes will be allowed to train through the 1st of the coming month. After cancelling, athletes who wish to rejoin the team could be required to repeat tryouts and the registration process.

Any member on an annual membership who decides to not finish the year prior to October 1 will be charged the difference between the annual membership and the month-to-month membership. After October 1, all members will be held accountable for the remainder of their outstanding fees. Families on annual billing must provide proof of a season-ending injury or a move outside of the area to cancel billing.

### **PARTICIPATION REQUIREMENTS**

#### **ATTENDANCE**

While we encourage all athletes to attend as high and close to the recommended attendance as possible, we understand scheduling conflicts occur. Attendance is taken nightly for all groups, and some groups do have attendance requirements. Athletes who do not meet minimum attendance requirements over extended periods of time could be moved to a lower group or be removed from the program if there is no space.

#### **CHAMPIONSHIP MEET PARTICIPATION**

All athletes are required to compete in their highest individually qualified championship meet. Failure to do so, including attendance issues, is grounds for moving the athlete to a less intensive group.

#### **FAMILY COMMITMENT**

For athletes committed to full year registration, families are required to work eight sessions per annum. When volunteering, families sign-in upon arrival at the meet; this includes working at away meets or fundraisers. Families who are on month-to-month will be expected to work one meet session per month on the team.

All families are required to acknowledge a Code of Conduct and are responsible for all information discussed in parent meetings, as well as in the Team Handbook.