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# B.R. RYALL YMCA SWIM TEAM

SEPTEMBER 2020 - AUGUST 2021 | 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 2020-2021 season, which starts on Wednesday, September 1. 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 boasts many Illinois Swimming State Records, Illinois and YMCA State Champions, multiple YMCA National Champions and a 2020 Para World Championships Silver Medalist. Former team members include Olympic Trials qualifiers, YMCA National Champions and dozens of NCAA Divisions I, II and III athletes.

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

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 our website at [www.brryall.com](http://www.brryall.com).

#### AGE GROUP

The Age Group Program encourages beginning through advanced swimmers, ages 12 and under, to experience the fun and excitement of the sport. In this group swimmers begin to build a competitive mindset, learn goal setting and good practice habits, and grow to compete at the highest levels of Illinois YMCA and Illinois Swimming. Practice groups range from learning the basic swimming fundamentals, as well as instilling focus and pride for both individual and team accomplishments, to advanced training concepts and elite competition.

**AGE GROUP 1 (AG1):** Age Group 1 is a developmental training group for swimmers ages 6-11. The group focus is on basic skill development and light aerobic training. The primary focus of the group is teaching in order to build a solid foundation in basic stroke mechanics in a fun and challenging atmosphere. The group is capped at 35 swimmers (No more than 7 per lane) and will be arranged into two subgroups based on ability.

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

**Practice:** 4-5 times per week (approx. 6 hours)

**Attendance:** 60 percent

**Equipment:** Short fins, pull buoy, snorkel

**AGE GROUP 2 (AG2):** Age Group 2 is an intermediate to advanced level training group for swimmers ages 9-12. The group focus is on continued skill development, expanded aerobic training, race strategy and goal setting with a competition focus aimed at participation at the YMCA State and Illinois Age Group Champs levels. Swimmers under the age of 11 must have achieved YMCA State Championship time standards or be deemed to have the necessary level of mechanical proficiency, physical and emotional maturity and understanding of practice procedures to successfully train with AG2. The final decisions on group placement of swimmers under 11 years of age will be made by the Head Coach and Head Age Group Coach. AG 1 is capped at 35 swimmers (No more than 7 per lane) and will be divided into two subgroups based on ability.

**Requirements:** YMCA State Championship Time Standards, age 11 or at coach's invitation

**Practice:** 5-6 times per week (approx. 7.5 hours)

**Attendance:** 70 percent (ages 11-12) or 60 percent (ages 9-10)

**Equipment:** Short fins, pull buoy, snorkel



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### SENIOR PROGRAM

The Senior Program is intended to guide the development of intermediate to national level swimmers. At this stage in their swimming career, the focus is to become tough, determined and committed athletes, as well as students of the sport. They continue to learn and understand goal setting and the competitive process—helping them advance to the next level or swimming with the competitive focus on state and national championship events.

**SENIOR 1 GROUP (SR1):** Senior 1 is an intermediate to advanced level training group for swimmers age 13 and older. This group is focused on advanced skill refinement, some early specialization as it pertains to stroke and distance (sprint, middle distance or distance), with a continued focus on developing swimmers who are well rounded, technically proficient and have a strong aerobic foundation. The competition focus of Senior 1 will be YMCA State Championships, Illinois Swimming Age Group and Senior State Championships. Swimmers who achieve YMCA National Championship time standards or above will be invited to participate in these meets provided they have maintained 85 percent attendance or better. This group will often splint into separate subgroups based on ability and training plan.

**Requirements:** Athletes must be able to swim a 100 in all four competitive strokes legally and be at least 13 years old

**Practice:** 6-8 per week (9-10 hours)

**Attendance:** 65 percent (85 percent to be eligible for invitation to Senior 2)

**Equipment:** Short fins, TYR Catalyst paddles, pull buoy, snorkel

**SENIOR 2 GROUP (SR2):** This group is an invitation only, national and national preparatory training group for swimmers ages 12-18. Swimmers invited to train in Senior 2 must have shown a high degree of technical proficiency and understanding of stroke mechanics. They must also have been deemed to have the physical and emotional maturity necessary to train safely in a highly demanding and competitive environment. Senior 2 is focused on stroke and event specialization, while continuing to train and develop in all disciplines. Race strategy, training diet, understanding of training plan and philosophy, personal ownership, college recruitment and goal setting are some of the many concepts introduced and built upon. Swimmers must be committed to achieving and competing at the YMCA National level and above. Group members who choose to participate in more than one season of high school sports per calendar year (spring, winter or fall sports) may be removed from the group and placed in Senior 1.

**Requirements:** Invitation only; high level of commitment to compete at the highest level of the sport

**Practice:** 8-9 per week (13-15 hours)

**Attendance:** 85 percent, year-round training

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



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### TRYOUTS

New athletes must attend a tryout prior to registration. To schedule a tryout, please email Head Coach Jon Addison at [jaddison@ryallymca.org](mailto:jaddison@ryallymca.org).

### REGISTRATION

Registration for current members will open on July 20, and for new members on July 27. 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. Currently registered swimmers from the previous season
2. Previously registered returning swimmers
3. For AG1-only month to month registrations

All swim team members must be members of the B.R. Ryall YMCA.

### FEES

Our program bills monthly. AG1 swimmers may register month-to-month or for the entire short course season.

GROUP	SHORT COURSE SEASON	MONTH-TO-MONTH
Age Group 1	\$125	\$155
Age Group 2	\$160	-
Senior 1	\$195	-
Senior 2	\$230	-

**ANNUAL ADMINISTRATIVE FEE:** \$150 (paid once per year)

Fees include coaching fees, pool rental, 2 t-shirts, 2 silicone caps, USA Swimming registration, a team swimsuit, meet entry fees for 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. B.R. Ryall YMCA Swim Team is an exclusive TYR team; therefore, all gear and swimsuits must be TYR products.



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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 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 (AG1) 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 registered for the whole Short Course Season is responsible for the entirety of the season if the decide to leave the program at any point after September 20.

### **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 all 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**

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.