

## Welcome to the Rocky Run YMCA Reef Sharks!

On the Rocky Run Swim Team, every member has a place and every swimmer is important to our success! We offer multiple competitive and developmental groups for swimmers ages 5-18. Swimmers gain experience through YMCA and USA Swimming competitions. Swimmers will enjoy our family and team-first atmosphere! **The Rocky Run YMCA is where SWIMMING FAST and HAVING FUN go hand in hand!**

### Practice Group Descriptions

#### **LEVEL-1 Formerly Developmental 1&2 (cost \$200.00\*):**

This group introduces children to the swim team. It is the next step following the completion of a swim lesson program. This group will provide a heavy focus on stroke mechanics by coaches who will be in the water with the swimmers. The priority of this group is to provide a fun, friendly, and engaging environment which will encourage the swimmers to begin to grasp all aspects of competitive swimming. **General Requirements:** Swimmers 5-10 years of age who can complete 25m Freestyle (with rotary breathing) and 25m Backstroke.

#### **LEVEL-2 Formerly Age Group-1 (cost \$280.00\*):**

Swimmers in this group should have a working knowledge of the four competitive strokes and have the endurance to complete multiple laps. Proper stroke technique and skill appropriate conditioning will be the focus of this group. Swimmers in this group will develop the skills necessary to compete in all levels of competition. **General Requirements:** Swimmers 9-13 who can legally complete 25 meters in the four competitive strokes.

#### **LEVEL-3 Formerly Age Group-2 (cost \$300.00\*):**

Swimmers in this group must have a working knowledge of the four competitive strokes. Training with proper stroke technique will be the focus for this group. This group seeks to prepare swimmers for and to expose swimmers to elite competition. **General Requirements:** Swimmers 10-15 who have demonstrated consistent effort in training and who can legally complete 50 meters in the four competitive strokes.

#### **LEVEL-4 Formerly Senior (cost \$335.00\*):**

Swimmers in this group will be asked to train at a high level while maintaining proper stroke technique. Group members should have a desire to advance their skills and plan on competing in appropriate level invitational meets. Swimmers in this group will also be expected to act as role models for the younger swimmers on the team. **General Requirements:** Swimmers 14&Over who have demonstrated a high-level commitment and who have strong technique in the four competitive strokes. We suggest that swimmers attend 5-6 practices/week.

**\*All of our swimmers must be members of the Rocky Run YMCA.**

**PLEASE CHECK OUR TEAM WEBSITE ([WWW.SWIMROCKYRUN.COM](http://WWW.SWIMROCKYRUN.COM)) FOR MORE INFORMATION**