



### **SWIM TEAM LEVELS**

\*Note: Each new swimmer will be placed in Level 1. Swim levels are determined by Coach Stephani at the beginning of each season. Levels can be changed throughout the season according to each individual swimmer's development.

#### **DUCKLINGS (GROUP #1)**

Beginner: Swimmer is learning all 4 strokes, has to build endurance, must learn to flip turn and dive

#### **DUCK (GROUP #2)**

Intermediate: Swimmer can legally perform all 4 strokes; flip turns and a dive – has participated in at least one swim meet

#### **SWAN (GROUP #3)**

Advanced: Swimmer can legally perform all 4 strokes, perform flip turns/dives, participates in multiple meets per season and has at least one qualifying state cut time (BB) in the last season

#### **Practice Schedule:**

DUCKLINGS: 3:45-4:30 (M/W/F)

DUCKS: 3:45-4:45 (M/W/F)

SWANS: 4:15-6:15 (M/W) 4:15-5:45 (T/TH)

\*After Memorial Day: 9:30-11:00 (T/TH)

Saturday Practice: Group 1: 9:00-9:45/ Group 2: 9:00-10:00/ Group 3: 9:00-10:15

- These practices times are available to each swimmer according to their level.
- Swimmers may come as often as they would like during their designated time.
- Practice times are not interchangeable. You must come to YOUR ASSIGNED TIME.
- PRACTICE is not mandatory, but it is STRONGLY encouraged in order to maximize each swimmer's potential.

### **What does SWIM TEAM COST?**

Swim is a year-round sport. It is divided into two seasons – short course and long course. Each season is approximately 6 months. The season is determined by the length of the pool for competition.

Cost per season:

1<sup>st</sup> child: \$400

2<sup>nd</sup> child: \$350

3<sup>rd</sup> child: \$300

4<sup>th</sup> child: \$250

5<sup>th</sup> child: \$200

### **Other costs:**

- Each swimmer must be a member of the YMCA in order to swim for SCSO. You will need to join the Y immediately in order to swim. This can be done at the front desk. This membership does allow you to use the facilities at the YMCA. There is a military discount available for those that qualify.
- Each swimmer must register with USA Swimming in order to join any swim club. This will be done at the time of joining and renewed each AUGUST (no matter when swimmer joined the team).
- Team gear: Each swimmer must have a SCSO swim cap and swim suit. Any other team gear is optional.
- A \$25.00 meet fee will be assessed to each family if participating in a swim meet. This is per family, not per swimmer. It is assessed whether the swimmer(s) participate one day or all 3 days.

### **Swim Meets:**

We do travel to swim meets throughout the state of Mississippi as well as surrounding states. ALL meets are not mandatory but strongly encouraged. (NOTE: There will be ONE mandatory team meet per season.) They are so much fun and the best learning tool for swimmers at any level. Meet dates are released through our team website via Team Unify. Each swimmer is responsible for his/her travel arrangements as well as lodging, food, etc. Typically, the team does try to stay at the same hotel if possible.