



## AGE GROUP CREWS

### Pre-Comp (Ages 5+)

Pre-Competitive Swim Team combines a fun atmosphere with an emphasis on improving technique and endurance in two 45-minute practices per week.

- 2 days/wk: \$73 (\$61 w/ Family Membership)
- 1 day/wk: \$54 (\$48 w/ Family Membership)

### Competitive Crews (Ages 6–18)

Previous competitive experience is not required; however, swimmers must be able to swim eight pool lengths of any stroke. Participants compete in swim meets all over Montana and the Northwest.

- **Hammermouth** (Ages 6–11 4 practices/wk) \$93 (\$81 w/ Family Membership)
- **Great Whites** (Ages 11–14, 8 practices/wk) \$105 (\$93 w/ Family Membership)
- **Makos** (Ages 14–18, 10 practices/wk) \$115 (\$103 w/ Family Membership)

## IMPORTANT INFORMATION

### No practices on the following holidays:

Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, New Year's Day, Easter, Spring Break Week, Memorial Day, Independence Day, and Labor Day.

To learn more about our team visit [www.teamunify.com/Home.jsp?team=mtmyst](http://www.teamunify.com/Home.jsp?team=mtmyst) and click **Contact Us** to be added to our team list for important swim team emails.



**GREATER MISSOULA FAMILY YMCA**  
3000 S. Russell St.  
Missoula, MT 59801

## PRACTICE HOURS

### September–May

- Pre-Comp  
T/Th, 4:00–4:45 p.m.
- Hammermouths  
T/Th, 4:45–6:00 p.m.  
Sat., 8:00–10:00 a.m.
- Great Whites  
M/W, 4:30–6:30 p.m.  
Th, 5:30–7:00 a.m.  
Sat., 8:00–10:00 a.m.
- Makos  
M–F, 5:30–7:00 a.m.  
M/W, 3:30–5:30 p.m.  
T/Th, 3:30–4:30 p.m.  
Sat., 8:00–10:00 a.m.
- All competitive teams  
F, 4:00–6:00 p.m.

### June–July

- Morning practice at Splash Montana, TBA
- Evening practice times remain the same
- NO pre-comp June–August
- NO competitive practice in August

## Find us on:



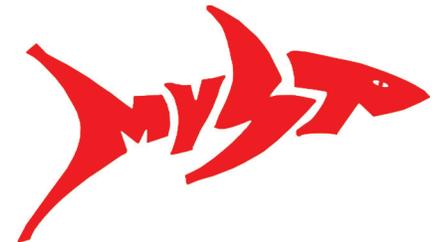
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# DIVE ON IN

**Missoula YMCA Swim Team**  
**GREATER MISSOULA FAMILY YMCA**



# PROGRAM HANDBOOK

## NEW SWIMMER SIGN UP STEPS

1. Missoula Y Membership (Youth, Family, or Household) is required for all swimmers. Financial assistance is available.
2. Pick up a New Swimmer Packet at the Welcome Center.
3. Fill out and return the following forms to the Welcome Center in order to be registered:
  - Bank draft form
  - Program registration form
  - USA Swimming registration form (competitive team only)—Due at the start of the second month.

After completing the steps above, your swimmer will enjoy their one-month (30 days) discounted trial.

## USA SWIMMING

When your one-month (30 days) trial has concluded, you're responsible for registering your swimmer for the appropriate swim crew for the remainder of the year and for registering and paying for their USA Swimming registration so they may practice with the club and attend sanctioned meets.

Competitive swimmers that are not registered with USA Swimming will be disqualified from the meet and cause their entire team to be disqualified.

You can authorize payment for USA Swimming dues to be drafted from your bank or credit card account on file. Just sign the authorization of payment on the bottom of the USA Swimming form.

USA Swimming increases its registration fee annually. The current registration fee can be found in the New Swimmer Packet or on the MYST website.

## SWIM TEAM PAYMENT OPTIONS FOR NEW AND RETURNING SWIMMERS

**Bank Draft** The fee is automatically deducted from your bank account or credit card on the first of each month. **Swimmers must be registered for every month in the current calendar year.**

**3-Month Pre-Pay** Participants pay swim team fees three (3) months in advance. Payments must be made by the first of the month and your swimmer will be put on the roster for the three months that have been paid. At the end of the three-month pre-pay period, swimmers whose dues have not been paid will not be eligible to swim until all dues are paid for the next three months. Swimmers are responsible for setting up and paying three months in advance.

**Payment Setup** Please set up or make payment at the Welcome Center. Online payment is not available for the MYST program.

**Cancellation Policy** If at any time you would like to take your swimmer off the team, you will need to fill out a Swim Team Program Cancellation Form. This form must be submitted by the 15th of the month for changes to take effect the following month.

Upon receipt of this request, your swimmer's registration for the month(s) you requested will be canceled and you will **NOT** be drafted for dues that month.

Requests received during the month that your swimmer is not swimming will not be approved unless you can present extenuating circumstances as to why you could not follow the cancellation policy.

## COACHING PHILOSOPHY

Our Missoula YMCA Swim Team (MYST) program is designed to meet the needs of swimmers of a wide variety of ages, experience, and abilities.

Our practices, events, and meets help develop skills, sportsmanship, and team spirit, all while emphasizing having fun.

For more than a decade, our team has consistently received the Montana Swimming Spirit Award while also sending countless swimmers on to the collegiate level.

We pride ourselves in developing our athletes physically, mentally, and emotionally through the sport of swimming.

While only one swimmer can come in first in any race, all swimmers can be winner when they give their personal best.

We believe that this philosophy lends itself to building strong kids with solid character.

