

2019 – 2020 GCY PROGRAM LEVELS & DESCRIPTIONS

Competitive Track Sept-July USA Swimming & YMCA Competition \$110 Registration*	National Track Sept-July USA Swimming & YMCA Competition \$125 Registration*
Age Group \$79 monthly Recommended 3 practices/week	National Prep \$119 or \$189 monthly (higher rate includes meet fees) Minimum 5 practices/week
<ul style="list-style-type: none"> Approximate Grades 3rd-8th Swimmers should be able to complete 50 yards in all four competitive strokes, the 100 IM and 100 Free, plus have the intention to participate in area USA and YMCA swim meets Stroke, turn, start, and underwater refinement; progress to sets/interval training 	<ul style="list-style-type: none"> Approximate Grades 5th-8th Swimmers should have at least two 11-12 2018 NC 14 & under Championship time standards regardless of age Meet attendance is expected and all swimmers will compete in every offered individual event each year
Senior Prep \$89 monthly Recommended 4+ practices/week	National 1 \$129 or \$199 monthly (higher rate includes meet fees) Recommended 8 practices/week
<ul style="list-style-type: none"> Approximate Grades 4th-8th Must be able to complete 75 yards in all four competitive strokes AND have two/more BB times in their respective age group, or be in middle school; should understand set language and be proficient at holding set interval Continue to get stroke, turn, start, and underwater refinement; focus on kicking and aerobic base while developing and emphasizing proper form 	<ul style="list-style-type: none"> Approximate Grades 9th-12th Meet all requirements for National Prep, but willing to commit to National 2 requirements Should have at least 3 Capital Classic cuts and swimmers at National 1 levels should be able to train successfully with National 2 swimmers Expected to attend practices and meets regularly
Senior Sprint Group \$99 monthly Recommended 5 practices/week	National 2 \$129 or \$199 monthly (higher rate includes meet fees) Recommended 8 practices/week
<ul style="list-style-type: none"> Approximate Grades 9th-12th For all High School Swimmers not in our National 1 & 2 programs Swimmers continue focus points of Age Group & Senior Prep levels, while identifying strengths and developing main events to their highest levels Starts our "look-for-it" process, which identifies where swimmers can be successful at the collegiate level This group utilizes the USRPT principles and shorter practice segments 	<ul style="list-style-type: none"> Approximate Grades 9th-12th Must be able to complete all offered strokes and distances during the Fall season and have at least one YMCA National Cut from previous season Expected to attend practices and meets regularly
Morning Only \$79 monthly Recommended 3+ practices/week	National Team Exception Application
<ul style="list-style-type: none"> Approximate Grades: Middle school & up only Swimmers may attend unlimited morning-only practices at a reduced cost 	<ul style="list-style-type: none"> For swimmers who do not meet the above requirements, but have a history of advanced training and a commitment to achieve their maximum potential Practices focus on preparation for success at all levels (local up to national) Must show ability to balance practice and school before being considered National Prep/National 1: Multiple repeats of 50's on 45/40, 100's on 1:20/1:15, and 200's on 2:40/2:30 is minimum for consideration

*On selected Fridays, called "Flex Fridays," GCY will host practices at the GAC for all competitive levels, regardless of host site. Swimmers from all sites that are in levels AG, Senior Prep, and Senior Levels will have an opportunity to practice one time a week at the best pool in the country.