

“Developing Champions in Life through Excellence in Swimming”

Parent Team Handbook

North Shore YMCA

Sharks



10 Rules for Swim Parents

1. Not impose thy ambitions on thy child.
2. Be supportive no matter what.
3. Not coach thy child.
4. Have positive things to say at a competition.
5. Acknowledge thy child's fears.
6. Not criticize the officials.
7. Honor thy child's coach.
8. Be loyal and supportive of thy team.
9. Goals besides winning.
10. Dream but don't expect your child to become an Olympian.

Welcome to the North Shore YMCA Sharks A YMCA, USA Team & Masters Team.

This Parent Hand Book has been prepared by your coaches and YMCA administrative leaders to help your family get off to a great start with the team.

By choosing North Shore YMCA Sharks (YNS), you have joined one of the premier swim teams in the United States. YNS is a Swim Team and YMCA program designed to offer young athletes a challenging path of self-discovery through the vehicle of sport - providing an opportunity to strengthen spirit, mind and body. Keeping in line with the YMCA's four core values, YNS swimmers, Coaches and their families are expected to be caring, honest, respectful and responsible, exemplifying the ideals set forth by the YMCA's founders.

Our staff is dedicated to the success and improvement of our team as a whole and of each individual swimmer. We are confident that you will enjoy the YNS experience and wish you success in your swimming endeavors.

North Shore YMCA - Beverly YMCA 254 Essex Street
Beverly, MA 01915
978-564-3908

Website: (www.ynssharks.net)
Email: Head Coach David Laudati: laudatid@northshoreymca.org
Phone: 978-564-3908

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YNS Vision Statement

Developing Champions in and out of the Pool

YNS Mission Statement

Through its key strengths of innovative coaching techniques and strategies and supportive parental involvement, the YNS team is driven towards developing the best combination of competitive swimmers and human beings. The YNS team maintains a strong integration of the core values of the YMCA – Caring, Honesty, Respect, and Responsibility while helping to build strong families and strong communities.

YNS Philosophy

The North Shore YMCA Sharks subscribe to a philosophy of teaching and training that provides for the maximum long-term performances for its swimmers both in and out of the pool. We are divided into seven (7) different groups based on a variety of factors that include age, ability, maturity, performance and attitude. The center of our coaching philosophy resides with the building of a foundation of strong technique and a love for racing through a strong aerobic base. Leadership and accountability are two essential "life skills" we strive to develop in our athletes.

As swimmers progress through the program they will be given more responsibility for their swims and performances. Swimmers learn self-discipline, time management, sportsmanship and goal setting - important lessons that will help prepare them for life, as well as swimming.

YMCA Swimming and USA Swimming

The YNS swim team is unique in that although we are a YMCA swim team, we also compete in USA Swimming as a club team. Each YNS parent and swimmer is strongly encouraged to seek out the appropriate YNS coaching member to help determine how to best explore the different opportunities to enhance the swimming experience through both YMCA and USA competitions. The YNS Sharks compete in two leagues: YMCA and USA Swimming. The meet schedule is posted on the team website and meet entry deadlines can be found in the meet information documents for each meet. Entry deadlines are not flexible and exceptions are not generally made for late entries. Once a meet entry has been sent any meet fees associated with your entry will be charged to your account.

Swimmers must have participated in three Y meets during the season beginning Oct 1st in order to participate in a Regional YMCA Championship meet as well as the YMCA National Championship.

USA Swimming Meets

All YNS swimmers are members of New England swimming which is the local LSC (Local Swimming committee) of USA Swimming. We encourage all swimmers to swim USA meets. Each meet will have details on the groups the meet is appropriate for. The USA swim meets generally have 12 or more teams entered and occur over a two or three-day period, primarily on weekends. The YNS Head Coach will determine which USA Swimming meets the YNS Sharks will attend. All swimmers must declare commitment to meet online by the stated deadlines to ensure that swimmers are entered.

Swim Team Head Coaches



David Laudati - Head Coach

Main Site: Beverly

Coach David Join the team as the Head coach in June of 2021

Before Joining the YNS swim team he was the Head Age Coach for 2 ½ year for the YMCA Westside Silver Fins in AZ. Dave was also Head Coach for the Mundell JCC Sharks Swim Team in West Hartford, CT for 16years.

Over Coach David's career he has had many successes in and out of the pool. In 2016 he was named the Connecticut Swimming Age Group Coach of the Year. In 2013 he was selected to be a coach for the Connecticut Zone Team. He continued in that position thru the Long course 2018 season.

His Teams and Age Group Programs have finished in the top ten for the past 12 years with multiple Age Group Champions. His swimmers have broken and held multiple AZ and CT State records. Coach Dave has had over 70 swimmers qualify for Western & Eastern Zone Championships. He has had an Olympic Trial Qualifier, Multiple Sectional, Futures, Junior National and Zone Qualifiers swim for him.

He Graduated from CCSU in 2006 with a degree in liberal arts. David Swam competitively for 10 years. He swam for Hamden North Haven Swim team for 3 years before moving to the Hopkin Mariners Swim team out of New Haven for the next 7yrs. A 4-year letter swimmer for Notre Dame H.S. in West Haven. A member of the 2002 State Open Champion Swim Team.

In addition to coaching a USA Club David has coached for 4 High Schools; Millennium High School of Goodyear, AZ, Hall and Conard High Schools of West Hartford, CT as well as Bulkeley High School of Hartford, CT.

David is excited to join the YNS Swim team family and looks forward to an amazing season.



Jackie Russolillo – Head Age Group Coach

Main Site: Beverly

Jackie Russolillo is the Team's Safe Sport Coordinator

Joined YNS coaching staff June 2021.

Jackie comes to us with several years of age group coaching and instructing for area YMCA's and Boys and Girls Clubs as well as other teams.

As a coach at Lifetime Athletic, Jackie was the first coach at the Burlington site to have swimmers move on and swim at a collegiate level. During her time at the boys and girls club of Lawrence she was recognized as the most valuable coach of the year by the organization and helped swimmers there become ready for their careers as high school swimmers.

She also has many years of experience as a successful competitive YMCA and USA swimmer. Jackie started swimming for the Merrimack Valley YMCA when she was 6 years old and swam for them until she graduated high school and moved on to swim 2 years at the University of Tampa. She also swam for her high school team at Central Catholic and posted some school records for them as well as the 2014 champion in the 50 free at her sectional and states championship meets her senior year as a captain.

Jackie came back to her high school team after her 2 years at Tampa and was the assistant coach for a season. During that season, the team posted new school records and first place finishes at championship meets in individual events as well as relays.

She is very excited about joining YNS and to see everyone succeed and have fun!

**Please Find a complete list of all our coaches on our website (www.ynssharks.net)
under the coaches tap**

YNS Site Locations

YNS Beverly training group

Sterling YMCA
254 Essex St
Beverly, MA 01915
Phone: 978-927-6855
Fax: 978-927-6530

YNS Ipswich training group

Ipswich Family YMCA
110 County Rd
Ipswich, MA 01938
Phone: 978-356-9622
Fax:978-356-0625

YNS LVO training group

Lynch Van Otterloo YMCA
40 Leggs Hill Rd.
Marblehead, MA 01945
Phone: 781-631-9622
Fax:781-639-0190

YNS Haverhill training group

Haverhill YMCA
81 Winter St
Haverhill, MA 01830
Phone: 978-374-0506
Fax:978-373-0701

YNS Cape Ann training group

Glen T. MacLeod Cape Ann YMCA
7 Gloucester Crossing Rd
Gloucester, MA 01930
Phone: 978-283-0470
Fax: 978-283-3114

YNS Salem training group

Salem YMCA
One Sewall St
Salem, MA 01970
Phone: 978-744-0351
Fax:978-740-916

YNS Practice Times

Practice times for each Site and Group change a few times per year. Advance notice of the practice time changes is provided through email. Up to date practice schedules can be found on our team website. (www.ynssharks.net) Each family MUST check their email regularly to be informed of changes in dates and times of practices throughout the year. If there is a scheduled practice cancellation, for any reason, prior notice will be sent via weekly update, email or Facebook.

Weather Plan

YNS Sharks Swim Team practice will not be canceled unless the YMCA is closed. If a Y practice site closes due to poor weather, the practice at that site will be canceled. Every attempt will be made to send an email to swimmers at sites affected by cancellations. It will also be posted on the website and social media.

Given that some swimmers travel quite a distance to practice and conditions where a swimmer lives and practices can be vastly different, swimmers not able to make a practice will NOT be marked absent.

Team Communication

Channels of Communication

The coaches of the Sharks work hard to communicate with swimmers and their families. A parent who accesses the different channels of communication mentioned below will find immediate answers to many questions about swimming with the Sharks.

Team Website - www.ynssharks.net

The channel that is most useful to stay informed and updated for your family is the team's website (www.ynssharks.net), you can look here to find practice schedules, upcoming meets and team events. In addition, the website has our team records, coaches contact info, Swimmer info, parent info, college info, land links to state and national swimming organizations, etc.

Team E-mails

Used to announce and report on meets, team social events and fundraisers, to request volunteers, and to make any urgent or especially exciting team announcements. Please make sure that the team has an e-mail address that you check regularly as this is a primary means of team communication.

Group Meetings

Once or twice per year the coaching staff conducts group meetings designed to educate parents regarding their swimmer's group. This is a good chance to hear about the coach's goals and strategies for your child's training group.

Coach E-mails

The Head Coach sends out a weekly update and flash updates to the entire Team. Some assistant coaches send out weekly or monthly updates to all of their swimmers.

Coach Conferences 1 on 1

Contact your swimmers coach, lead site coach or Head coach to set up a time to meet. Please understand that during practice is not a good time to attempt an involved conversation with your child's coach. The coach is responsible for all the swimmers at practice and must devote his or her attention to them, rather than to their parents.

Team Costs Financial Breakdown

There are three types of fees associated with our team which are included in the team monthly draft (7 month draft).

- A. Swim Team Practice Fees and Swim Team Family Fee
- B. Most team events for the swimmers; social events, including end of the year banquets.
- C. USA Swimming registration fees.

There are four types of fees associated with our team which are **not** included in the team monthly draft.

- A. Meet fees, USA Swimming and YMCA meet fees, including championship meets.
- B. Coaching Expenses
- C. Meet surcharge for all meets, per athlete, per meet.
- D. Cost of Training Equipment.

Each swimmer **must** be a "Y" member. This can be a youth membership, teen membership or as part of a family membership. Membership applications and payment arrangements can be made directly at the front desk of any YNS site.

Each YNS Branch has membership rates unique to their site; please check the website of your home site for more detailed information.

<https://www.northshoreymca.org/membership/%E2%80%8Bour-rates>

Association Membership rates as of 7/28/21 are:

Category	Automatic Funds Transfer
Adult (30+)	\$61.00
2-Adult	\$100.00
1-Adult (w/ children through age 21)	\$75.00
2-Adult (w/ children through age 21)	\$110.00
Young Adult (ages 19-25)	\$34.00
Teen	\$27.00
Youth	\$22.00

The Swim team "year" is September through August (payments made September through March). At YNS if you start swimming at the beginning of the season (August/September), you pay seven months to cover twelve months. If you elect to not take advantage of practice and meet opportunities during the spring and summer, the tuition cost for September through March remains the same.

2021-2022 Competitive Swim Team Membership Rates

Swim Group	Annual Rate	Monthly Billing Rate (7 payments)
Senior Elite	\$2,502.00	\$357.43
Senior	\$2,447.00	\$349.57
Pre Senior	\$2,372.00	\$338.86
Gold	\$1,962.00	\$280.29
Silver	\$1,672.00	\$238.86
Bronze	\$1,452.00	\$207.19

The YNS Sharks have an online system for team registration; meet sign-up, email communication, etc. Once you have registered you have to establish an online customer account that will allow you at any time to review your account for invoice details, event sign-ups, meet results, etc.

If your swimmer elects not to participate on the team at any point, the bank draft/ credit card charge may be stopped as of the next billing cycle after written notice is received. Alternatively checks payable to North Shore YMCA may be sent to the team at:

Please send to:
Competitive Aquatics Office
YMCA of the North Shore Competitive Aquatics
254 Essex Street, Beverly, MA 01915
978-927-6855

NOTE:

- ANY PAYMENT PLANS OTHER THAN THE ONES LISTED ABOVE MUST BE ARRANGED THROUGH THE YNS SR. DIRECTOR OF COMPETITIVE AQUATICS PRIOR TO ANY PAYMENTS DUE DATE.
- IF PAYMENTS FOR MEET FEES ARE IN ARREARS MORE THAN 60 DAYS THE MEET SIGN UP FUNCTION ON THE TEAM WEB SITE WILL BE DISABLED UNTIL THE ACCOUNT IS BROUGHT CURRENT.
- MONTHLY SWIM TEAM FEES MUST BE PAID ON TIME FOR SWIMMERS TO CONTINUE TO PRACTICE AND/OR ATTEND SWIM MEETS.
- THE HEAD COACH WILL DISALLOW SWIMMERS PARTICIPATION ON OUR TEAM IF SWIM TEAM PAYMENTS ARE NOT MADE IN A -TIMELY MANNER
- IF YOU ARE EXPERIENCEING FINACIAL CHALLENGES PLEASE COMMUNICATE WITH THE HEAD COACH. THE Y OFFERS FLEXIBLE PRICING (https://www.northshoreymca.org/join-ymca/flexible-pricing?qclid=CjwKCAjwgISIBhBfEiwALE19SQwFF9Q6UaHRUEaMbkVrXv-bvQGmMOMtim3vMRVnAmszwbZRuvEauhoC1jwQAvD_BwE)

Team Equipment and Gear:

Some team items will be available through the Competitive Aquatic Director's Office, other items may be ordered through our team vendor: **Varsity Swimwear**. All items available through the office may also be purchased on-line through the team vendor's special YNS order site.

All swimmers will be given one team swim cap and one team t-shirt per season.

Required team attire is detailed in the code of conduct. It is highly recommended that all clothing and equipment be labeled with the swimmer's name.

YNS team suits are required at all meets by all swimmers. Tech suits are allowed at the discretion of the head coach. For info on Tech suit policy please refer to our website

Required training gear and uniform:

Is listed under each group description

*Optional Team Attire is available through Varsity Swim Shop, access to which can be done through team website, or directly through www.varsityswim.com.



Access your team page through the team gateway at varsityswim.com.

Team Login: YNS (case sensitive)

Team Password: SHARKS (case sensitive)

Once you have entered your team login and password, you will then be automatically directed to your team store.

If you have any questions or problems, please email us at info@varsityswim.com or call 978-276-0070.

New Customers: Access your Team Page through the Team Gateway at www.varsityswim.com. The login will direct you to a page where you will create a personalized login and password. Because you initially reached this page through the Team Gateway using your team password, you will always be linked to your team. Do not use your team login name (YNS) as your personal login. Once you have created your own personal login and password continue to fill out the personal information and click the Submit button on the lower right hand corner of the page. You will then be automatically directed to your team store. Customers who have previously belonged to another Varsity Swim Shop team: Please call the store to have your account reassigned to the YNS team page

The Competitive Aquatics Office may have caps, fins, paddles and T-shirts in stock and will have other items in limited quantities for purchase on site. Accounts will be individually billed for items purchased on site.

Safe Sport

The YMCA takes each swimmers/ staff and official safety very seriously. For all issue concerning safe sport please reference our [Safe Sport Page](#) on website or contact the Teams Safe Sport Chair Jackie Russolillo – russolilloj@northshoreymca.org

Swimmer code of Conduct

Violation of these rules may result in any of the following:

1. Asking the swimmer to leave practice-the parents will be notified if this occurs
2. Scratching the swimmer from upcoming swim meets or events
3. Dismissing the swimmer from the team on either a permanent or temporary basis.

All team members are expected to be orderly, courteous and show sportsmanship during practices, meets, and any team related function. This includes all YMCA facilities and other competition venues (locker rooms, lobbies, parking lots etc.) as well as hotels. Any inappropriate behavior may constitute cause for dismissing a swimmer from practice, or sending a swimmer home from team functions at the family's expense. All violations of conduct will be reviewed by the YNS Head Coach and may lead to suspension or dismissal from practice, meets and/or the team.

The coaching staff cannot be responsible for the supervision of any swimmer who does not report to them on deck. Therefore, parents of younger swimmers are strongly advised to ensure that their swimmers safely reach the pool deck.

Drugs, Alcohol & Tobacco

1. A swimmer shall not engage in any behavior involving the illegal use or distribution of alcoholic beverages, drugs or controlled substances, which tend to bring discredit to the swimmer or the YMCA of the North Shore Sharks or knowingly remain in the presence of those engaged in such behavior(s). This rule shall apply at all times.
2. Helping swimmers is our first priority. If a swimmer is concerned about his own involvement in drugs or alcohol or that of another swimmer, the swimmer is encouraged to talk confidentially with a coach. A swimmer who voluntarily discloses to a coach his involvement with drugs and alcohol may not be charged with a violation of the Team Rules as a result of such disclosure. The swimmer will be referred to substance abuse counseling or treatment at his/her own cost.

Practice and Meet Behavior

1. Swimmers will refrain from using drugs, alcohol, and tobacco.
2. Swimmers are responsible for the care and proper use of equipment. Practice is not finished until all supplies are returned to storage. Everyone helps.
3. Swimmers will refrain from physical or verbally abusive behavior.
4. Swimmers will be dedicated and loyal to YNS and teammates.
5. Swimmers will be vocally supportive at meets and at practice and encourage teammates to reach their personal goals.
6. Swimmers will display our team pride by competing in YNS attire at all times.
7. Team caps are to be worn at practice and when competing. Older swimmers will participate in team activities involving younger swimmers to reinforce our spirit of teamwork.
8. Swimmers will act respectfully, remaining silent and make an honest effort to listen and look when anyone is speaking.

Swimmers will arrive to be on deck 15 minutes prior to practice before the scheduled start time and must contact their coach if they are going to be late. If swimmer is going to be 30 minutes or more late attendance is at the coaches discretion.

1. Swimmers will contact their coach, in advance, by email or telephone if they will arrive late to practice. The coach will determine if the reason for being tardy is an acceptable reason or will be counted as the swimmer being tardy. Habitual tardiness will default to the above guidelines
2. Swimmers will be committed to their best effort at all times.
3. Swimmers are to refrain from inappropriate physical contact, bullying or harassing behavior.
4. Swimmers will wear appropriate size swimwear and attire to practice and meets. When not on deck swimmers must wear shorts and/or t-shirts over their suit. Swimmers are not allowed to wear 2 piece suits to practice.

The YNS Swim Team follows the USA guidelines for Safe Sport which can be found at <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1960>

Use of Cell Phones and Other Mobile Recording Devices

1. Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area:

Article 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

Penalties/Consequences for Violations of the Team Rules

If the YNS Head Coach determines that a swimmer has or may have violated a Team Rule, the head coach will determine the penalty/consequence for the violation after consultation with the swimmer's coach and parent or legal guardian. The penalty or consequences for a violation of the Team Rules will be at the discretion of the Sr. Director of Competitive Aquatics. The penalties or consequences may include, but are not limited to one or more of the following:

2. Counseling by the coach or designee
3. Community Service
4. Restriction from team trips and/or swim meets
5. Loss of privileges
6. Probation
7. Suspension
8. Dismissal from the team

YNS Development Plan

Developmental Program (11 & unders)

Pre Team

Little sharks (5yrs – 8yrs)

Shark Fins (8yrs – 11yrs)

Bronze (10 & Under)

Age Group Program (8 - 14)

Silver (12 & under)

Gold (14 & under)

Pre Senior (11 to 14 or Freshmen in High School)

Senior Program (15 & over)

High School – Senior (Must be in High school)

Pre Nat & National – Senior Elite (Must be in High School)

Pre Team

Introduce all four strokes, streamlining, workout etiquette, develop body awareness with in the water, fun and fostering interest in sport of swimming.

Parent Tips:

- RELAX!! Your child's swimming career is a marathon, not a sprint.
- Fun, fun and more fun! Be clear with your child that swimming is not work, it is play.
- Emphasize process over performance. What time your child goes in the 25 free is about the least important thing right now.
- Encourage participation in other sports and activities.

Bronze

Swim all four strokes legally, foster ability to kick, workout etiquette, build upon body awareness within the water, core body development, fun and foster interest in sport ofswimming.

Parent Tips:

- Encourage participation in other sports and activities.
- Do things that help them form an identity as a "swimmer". Make it their thing.
- Teach them to love our Team and the sport.
- Display trust in the system and coaches to boost your child's confidence.
- Be there, but not THERE!
- Avoid coaching.
- Teach them how to handle failures without fear
- Teach them to be intrinsically motivated. No external awards (i.e. money, iPhones, etc.)

Silver

Competing regularly in swim meets, streamlining, foster ability to kick, build the ability todolphin kick off all walls in a streamline position, introduce dryland workouts and incorporating pace clock management. Fun and foster interest in sport of swimming.

Parent Tips:

- Model impeccable Team behavior.
- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Remove your ego from the equation.
- Encourage participation in other sports and activities, but they need to start choosing.
-

Gold

Competing regularly in swim meets including travel meets, streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, dryland workouts, pace clock management and introduce goal setting. Fun and foster interest in sport of swimming.

Parent Tips:

- Model impeccable team behavior.
- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Remove your ego from the equation.
- Encourage participation in other sports and activities, but they need to start choosing.

Pre Senior

Competing regularly in swim meets and travel meets expected as well attending 70% of monthly workouts. Streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, dryland workouts, pace clock management, pace and stroke count and build on ability to goal set and time management. Fun and foster interest in sport of swimming.

Parent Tips:

- MAKE IT THEIR THING!
- Start focusing on one or two sports/ activities.
- Allow play to evolve into satisfaction of achievement.
- Giving them the freedom to change course will give them the best chance of a successful career.
- Encourage team travel.
- Teach them how to be good sportsman.

Senior

Preparation for high school swimming, advanced refinement of technique and efficiency, aerobic development.

Parent Tips:

- Help them decide where swimming fits in their priorities.
- Teach them good time management.
- Make it their thing.
- Personal responsibility.

Senior Elite

Emphasis: Compete at the highest competitive level. Swim in college.

Parent Tips:

- Teach them good time management and being accountable for THEIR own success.
- Help them master goal setting.
- Help them understand their contribution as role models to younger swimmers.
- Be on the lookout for excessive stress.
- Know when it's time to take a day off.
- Help them to choose the right college.
- Don't focus on scholarships unless you absolutely have to. The "right" school is almost never the one that offers the most money.

Training Group Descriptions/Move Up Requirements

Please Note: All new swimmers must be evaluated prior to participation.

- *To join our Pre team swimmers are required to swim a length of freestyle and backstroke*
- *Head Coach, *Head Age Group Coach or Lead site coach reserves the right to move a swimmer up or down according to what they believe is best for them.*

Developmental Program - 11 & under Swimmers

Pre Team - Little Sharks :

Ages: 5– 8 years old
Daily training: 45 minutes, x 2/week
Daily yards: 200 – 500 yards

Goals: Little Sharks is designed for swimmers aged 8 & under who are interested in gaining the skills needed for competitive swimming. Little Sharks focuses on stroke development, technique, starts, and turns. This class is for those who want to learn how to be in a team environment.

Equipment: pair of goggles, and a water bottle for practice.

To move up to the Bronze

- Swim 25 Freestyle & 25 Backstroke; no stopping
- 25 Butterfly & 25 Breaststroke; no stopping

Pre Team - Shark Fin

Ages: 8– 11 years old
Daily training: 45 minutes, x 2/week
Daily yards: 200 – 500 yards

Goals: Shark Fin is designed for swimmers aged 9 & over who are interested in learning more advanced stroke technique. The Shark Fin Group focuses on learning and developing the four competitive strokes - freestyle, backstroke, breaststroke, and butterfly.

Equipment: pair of goggles, and a water bottle for practice.

To move up to the Bronze

- Swim 25 Freestyle & 25 Backstroke; no stopping
- 25 Butterfly & 25 Breaststroke ; no stopping

Bronze

Ages: 6– 10 years old
Daily training: 60 minutes, x 3/week
Daily yards: 500 – 1000 yards

Entrance into Bronze group: Demonstrate ability to swim across length of pool unassisted without stopping and be in Kindergarten through third grade (6-9 years old). In addition, be able to legally swim 25 yards of each of 3 of 4 competitive strokes; Butterfly, Backstroke, Breaststroke and Freestyle.

Goals: Learn all four strokes, learn a flip turn and start for all 4 strokes, develop a streamline, Build a strong kicking, develop body awareness within the water, and a good workout etiquette. Foster a fun positive experience in the sport of swimming.

Equipment: YNS swim cap, pair of goggles, and a water bottle for practice.

Move up requirements from Bronze into Silver:

- One (1) sanctioned home meet
- Attend 2 practice every week
- Swim all the 50's (Free, Back, Breast, Fly, legally without stopping)
- 100 Free & 100 Back; no stopping
- 100 IM; no stopping
- Legal breaststroke kick
- Swim a 200 Free Short Course Yard under 4 Minutes
- Have an official time in all 4 of the 50's; 50FR, 50BK, 50BR, 50FLY, and the 100FR 100BK

Silver

Ages: 8 - 12 years old
Daily training: 60 minutes, x 4/week
Daily yards: 1500 -2500 yards

Goals: Swim legally in all strokes be able to swim a 50 of each stroke, 100 Free and Back, Be able to swim a 100 Breaststroke or Butterfly. Swim the 200 Free, 500 Free and 200 IM. Swimmer will Foster the ability to kick, learn workout etiquette, build upon body awareness within the water, core body development, foster an interest in sport of swimming.

Entrance into Silver group: If joining the Team, be 9yrs old or in 4th grade and be able to swim a 50 of all 4 strokes legally and swim a 200 (8laps) without stopping. If the athlete is moving into Silver from the Bronze group they must have completed the Bronze to-Silver move up requirements.

Note: Once an athlete is 13yrs old or in 5th grade and is still within the Silver group, that athlete will be moved into Gold group.

Equipment: YNS swim cap, pair of goggles, junior size kickboard, junior size pull buoy, fins and a water bottle for practice.

Move up requirement from Silver to Gold:

- Must be 10yrs old
- Attend an Avg. of 3 practices a week
- 4 dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 5 x 100's Kick on 2:30 - Hold under 2:15
- Swim a 500 in practice breathing every 3rd
- Meet 3 out 4 of swim requirements below
 - 4 x 100's Free on 2:00 – under 1:45
 - 4 x 100's Back on 2:15 – under 2:00
 - 4 x 100's Fly on 2:15 – under 2:00
 - 4 x 100's Breast on 2:15 – under 2:00
- Ability to read the pace clock
- Time Standard achievements
 - 11yrs old - Have 3 Silver Championship time
 - 10yrs old – Have 10/Under Age Group championship time
- Competed in a sanctioned meet and have a legal time in all the 50's, all the 100s, 200 Free, 200 IM.

Gold

Ages: 10 – 14 years' old
Daily training: 75 minutes, x 5/week
Daily yards: 2000 - 3500 yards

Goals: Competing regularly in swim meets including Silvers, Age Groups and Zones. Proper stroke technique is still an emphasis. Longer event such as 200's of each stroke, 400 IM's, 1000 & 1500 are introduced. Swimmers will learn proper pacing for longer events. In addition, coaches reinforce proper practice habits adding in Training Times and use of additional swim equipment. Practices will be geared to foster interest in sport of swimming

Entrance into Gold group: If joining the Team, be 10yrs old and be able to meet the requirements as listed under move ups from Silver to Gold except the event requirements.

Note: Once an athlete is 15 or Freshmen in High school and still within the Gold Group, that athlete will be moved into the Senior Group

Equipment: YNS swim cap, pair of goggles, Junior Size kickboard, fins, junior size pull buoy, Snorkel and Small size paddles, a water bottle for practice.

Move up requirement from Gold to Pre Senior

- Must be 11yrs old
- Attend an Avg. of 4 practices a week
- 4 to 6 dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- Have an official time 4 out of the 5, 200's; FR, FL, BK, BR, IM

- Have official time in every additional event excluding: 400 IM & 1500/1650 Free
 - Be able to complete 3 of Following
 - 5 x 100's Free on 1:30 – under 1:20
 - 5 x 100's Back 1:45 – under 1:30
 - 5 x 100's Fly 1:45 – under 1:30
 - 5 x 100's Breast 1:50 – under 1:35
 - Swimmer must have legal time in 1 of the following 200's; Fly, Back, or Breast)
 - Time Standard achievements
 - 11/12yrd old - Have 3 – 11/12 Age Group Championship Times
 - 13/14yrd old - Have 1 – 13/14 Age Group Championship Times or 6 Silver Times
 - If you don't meet the achievements but have 2 of the following you will be accepted into the group
- | | |
|-------------------------|-------------------------|
| 200 Free (Yards) | 500 Free (Yards) |
| • Boys 2:30 or better | • Girls 6:15 or better |
| • Girls 2:30 or better | • Boys 6:15 or better |

Pre Senior

Pre Senior is for highly committed and motivated swimmers and emphasizes serious training in preparation for higher levels of swimming.

Ages: 11 – 14 years old (6th, 7th, 8th Grade)

Daily training: 90 minutes to 120 minutes, x 6/week

Daily yards: 5000 - 6500 yards

Goals: This group uses the training techniques they learned in Gold and incorporates them into practice at a high level of consistency. Competing regularly in swim meets including (but not limited to) Age Group Championships, Elite Showcase classic, Zones, YNats. This Group requires that you attend a minimum of 5 practices a week. Swimmers who can't average 5 practices a week over a 4-week period will not be allowed to practice with this group. Swimmers will swim the 400 IM, and 1500/1650. Practices will be geared toward foster interest in sport of swimming

Entrance into Pre Senior group: If joining the Team, be 11yrs old and be able to meet the requirements as listed above under move up except the event requirements. In addition, swimmers must be committed to attending a minimum of 5 practices a week.

Note: Once an athlete is 15 or Freshmen in High school and still within the Pre Senior Group, that athlete will be moved into the Senior Group

Equipment: YNS swim cap, pair of fins, kick board, pull buoy, paddles, snorkel, parachute and a water bottle all contained within a mesh bag.

Expectations of Pre Senior:

- Attend 80% of practices offered.
- This include dryland
- Attend all meets at discretion of Head Coach
- Maintain high level effort during training
- Attend Saturday Practice
- On time for practice and in the water on time
- Swim both short course and long course season

Note: If Expectations are not met, a swimmer will have one on one with coach and to discuss appropriate group for swimmer. Head coach reserves the right to move a swimmer up or down according to what they believe is best for them.

Move up requirement from Pre Senior to Senior Elite:

- Must be a freshman in High school.
- Time Standard requirements (must have 1 of the following)
 - 3 - 15/Over Age Group Times in 3 different events
 - 3 Senior Championship times standards in 3 different
 - 1 current Sectional or higher standard meet qualifying time
 - If 14yrs old and a Freshmen in High School, have 4 - 13/14 Age Group Cuts
- Four to six dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 6 x 100 kick w/board on 1:45

- 10 x 100 Free on 1:15
- Competed in a sanctioned meet with an official time in every event offered, including the following events: 200 Fly, 400 IM, 1500/1650 Free

Senior Program - (High School Age Swimmers)

Senior:

Ages: 14 – 18 years old (Must be in High School)

Daily training: 90 minutes to 120 minutes' x 5/week

Daily yards: 3000 - 5000 yards

Goals: Streamlining, foster ability to kick, introduce dryland workouts, fun and foster interest in sport of swimming.

Entrance into Senior group: If joining the Team, be in 9th grade (14 years old) and be able to swim across the pool and back unassisted (100 yards) in backstroke & freestyle and a 50 breaststroke & butterfly.

Equipment: YNS swim cap, pair of fins, kick board, pull buoy, paddles, and a water bottle all contained within a mesh bag.

Move up requirement from Senior to Senior Elite:

- Four to six dolphin kicks off of every wall on Butterfly, Backstroke and Freestyle
- 6 x 100 kick w/board on 1:45
- 10 x 100 Free on 1:15
- Time Standard requirements (must have 1 of the following)
 - 3 - 15/Over Age Group Times in 3 different events
 - 3 Senior Championship times standards in 3 different
 - 1 current Sectional or higher standard meet qualifying time
 - *If 14yrs old and a Freshmen in High School, have 4 - 13/14 Age Group Cuts*
- Competed in a sanctioned meet with an official time in every event offered, including the following events: 200 Fly, 400 IM, 1500/1650 Free
- **Please note:** You may be placed in Senior elite if you have 2 of the Following

200 Free (Yards)	200 IM (Yards)	500 Free (Yards)
• Boys 2:08.99 or better	• Girls 2:24.99 or better	• Girls 5:55.99 or better
• Girls 2:12.99 or better	• Boys 2:17.99 or better	• Boys 5:40.99 or better

Senior Elite:

Ages: 14 – 18 years old (Must be in High School)

Daily training: 90-120 minutes, x 8/week

Daily yards: 3000 - 12000 yards

Goals: Compete at the highest competitive level. Swim in college.

Entrance into Senior Elite group: Must achieve 3 Senior Championship time's standards in 3 different events or achieve 1 current Sectional or higher standard.

Please Note: Unless your child has an extenuating circumstance, such as a family emergency or significant illness, they are required to be at 20 practices a month if they are committing to swim at the Senior Elite Group. The core values of the group are commitment, effort and goal setting. Swimming is a solitary form of competition. That is why the Team is so important. Team members train, race and support one another. Having a group of like-minded athletes who are there consistently at practice all with goals in mind promotes respect for one another and a sense of family which will help make the group stronger when they race.

Equipment: YNS swim cap, regular swim suit for practice, technical racing suit for swim meets, goggles, large paddles, pull buoy, fins snorkel, kick board, ankle bungee, temp trainer and a water bottle, all contained within a mesh bag for practice.

Expectations of Senior Elite:

- Attend 90% of practices offered.
- This include dryland
- Attend all meets at discretion of Head Coach
- Maintain high level effort during training
- Attend Saturday Practice
- On time for practice and in the water on time
- Swim both short course and long course season

Note: If Expectations are not met, a swimmer will have one on one with coach and to discuss appropriate group for swimmer. Head coach reserves the right to move a swimmer up or down according to what they believe is best for them.