**Fanwood Scotch Plains YMCA Swim Team**

**Try-outs**

The try-outs are for any competitive swimmer interested in gaining a spot on the Fanwood Scotch Plains YMCA Swim Team for the 2018-2019 season.

All interested swimmers must register at the front desk of our YMCA prior to each try-out. Registration forms can be found on our website, [www.fspyswimming.com](http://www.fspyswimming.com), and must be filled out and returned prior to each try-out.

**There is a $10 fee for each try-out and it must be paid prior to the try-out date.**

**JULY Try-out**

Date: TBD

Registration will begin at TBD.

The try-out session will run from TBD-TBD. It will begin with a short in-water clinic with FSPY coaches, followed by the time trials.

Swimmers should plan to attend the entire session.

**What to expect during our try-out**

**What should I bring?**

Each swimmer should bring goggles, swim cap, towel and a swim suit, preferably a racing suit (no two piece suits for girls or board shorts for boys).

**What happens during a try-out?**

After 30-40 minute warm up/instructional clinics run by our age group coaches, all swimmers will time-trial in 3 events as follows:

* 8 and unders will swim 25 yards of freestyle and two other strokes they choose
* 9/10’s and 11/12’s will swim 100 Individual Medley (1 lap of each stroke) and two 50’s of any stroke they choose
* 13 and overs will swim 200 Individual Medley and two 100’s of any stroke they choose.

For YMCA meets, age is determined by the swimmer’s age as of December 1st 2018. Swimmers who “age up” on or before December 1st, 2015 must try out for the next age group. For example, if a swimmer swims as a 12 year old during the summer, but turns 13 on or before 12/1/2018, they have to try out as a 13 year old.

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**Who is eligible to participate on the FSPY Swim Team?**

The team is comprised of swimmers ages 6-18, broken by age group and level of development for practices. The age groups that swimmers will compete in at meets are 8/under, 9-10, 11-12, 13-14 and 15-18.

**When does the season start? How long does it go?**

Practices for the 2018-2019 season will begin on September 10th. Our main season typically ends in March. Meets usually begin in late October and continue through March.

**How do the meets work?**

Our team participates in two types of meets: dual meets (where FSPY races against one other Y team) and invitational meets (where many teams all compete together). Dual meets are always on Saturdays, 4-6 times per season, either here at FSPY or at another YMCA in our league. Dual meets are staffed by parents of both participating teams. Invitational meets can be Saturday and/or Sunday, at various locations. Meet schedules and information are provided throughout the season on our website so our families can plan accordingly.

**How often do you practice?**

Within each age group are ‘practice groups’, each with its own practice schedule. Swimmers are assigned to the appropriate group based on their age and stage of development. Typically, our 8/under swimmers practice 3 days a week, 9-10’s 4-5 days a week, 11-12’s 4-5 days a week, and 13-overs practice 5-6 days per week.

**How do I know if I make the team?**

After our last try-out, the coaches will make a final evaluation of the spots available in each practice group and how they will be best filled. All swimmers will be contacted by email.

**Please do not call the front desk to inquire about the try-out results; they will NOT have any information about the selection process.**

**What is required if I decide to join the team?**

After you hear from the Coaching Staff that you have made the team, a packet will be left for your family at the Front Desk with important information about the team and the upcoming season. Within that packet you will receive YMCA membership information and other important swim team forms. There will also be a commitment form in the packet, which you will need to return to us in order to reserve your swimmer’s spot.

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