

HCY STINGRAYS

Swim Team Overview

It is important for all HCY members to be aware of **who we are, what we do, what we value, and what we are trying to accomplish.**

Who we are:

The Hunterdon County YMCA Stingrays

What we do:

The HCY Stingrays compete as a team in the NJYMCA over the winter and the PJSL over the summer, while our more committed swimmers choose to participate in select USA Swimming meets.

What we value:

HCY values **Caring, Honesty, Respect, and Responsibility.** To instill those values, we utilize principles such as commitment, dedication, self-discipline, persistence, goal-achievement, sportsmanship and team building.

What we are trying to accomplish:

HCY wishes to instill the above values while continually increasing our competitiveness within NJYMCA. It is HCY's goal to become one of the best YMCA swim teams in New Jersey.

All levels of swimming matter at HCY regardless of potential. To more easily provide a positive experience for all levels of swimmers from beginner to national-level, the HCY Stingrays are made up of three tracks.

The Three Tracks of HCY

The Hunterdon County YCMA Stingrays are a swim team that consists of three tracks: NNJYMCA Winter League, PJSL Summer League, and USA Swimming.

Northern New Jersey YMCA Swim League (NNJYMCA)

njymcaswim.org

During the fall and winter, HCY competes in the Northern New Jersey YMCA Swim League. The league consists of 38 teams. There is a dual meet system lasting from late October to mid January. HCY will assign swimmers to either an A or a B team for this competition season.

The New Jersey YMCA Championship season, which lasts from February to March, does not include an A/B distinction. The Championship Season includes 8 and U, Bronze, Silver, and Gold Championships. The swimmers who qualify for YMCA National Championships will continue their training and compete at Nationals in April.

Information related to the Winter Team competing in NJYMCA will be posted on the website under the “Winter Team” tab.

Penn Jersey Swim League (PJSL)

League Website Coming Soon

During the summer, HCY competes in the PJSL. This summer swim league has been organized for the purpose of creating a greater interest in competitive swimming in this area. The league consists of 9 teams from eastern PA and western NJ. The PJSL season runs from June through the first week in August.

Information related to the Summer Team competing in the PJSL will be posted on the website under the “Summer Team” tab.

USA Swimming

usaswimming.org

USA Swimming is a different governing body than the YMCA. USA Swimming is the branch of swimming responsible for developing and selecting our USA Swimming Team members. USA Swimming is broken down into 59 LSC's (Local Swimming Committees). The LSC under which HCY is governed and competes is New Jersey Swimming.

USA Swimming sanctions invitationals in which USA Swimming members can compete. The invitational structure is designed to provide USA Swimmers with opportunities to develop. USA Swimming LSC's are responsible for organizing and hosting LSC Championship meets. USA Swimming organizes and hosts a series of upper-level meets (Senior Sectionals, Grand Prix Meets, Junior Nationals, Senior Nationals, US Open, and Olympic Trials) through which the fastest swimmers are challenged, stratified, and filtered until only the fastest qualify for Olympic Trials. Our Olympic team is selected at Olympic Trials.

Information related to the USA Swimming members and meets will be posted on the website under the “USA Swimming” tab.