

DEVELOPING EXCELLENCE SINCE 1975

ABOUT ABLY

Since our inception in 1975 by the late Larry Lyons, M.E. LYONS YMCA/Anderson Barracudas aims to provide and inspire the very best opportunities for learning, nurturing, and training for the novice to highly competitive athlete by emphasizing individual progress, team unity, and family participation. We provide an environment of growth, by building a healthy spirit, mind, and body through the principles and YMCA core values of Caring, Honesty, Respect and Responsibility. We have a highly competent coaching staff that is ready to cater to your swimmers needs and goals and ensure they can be the best swimmer and version of themselves as possible.

We are a member of National YMCA Competitive Swimming and Diving and a charter member of USA Swimming under the team code ABLY. This simply means more opportunities to attend meets for your swimmer to compete at and grow their skill set in the pool each season! These meets are mostly local, with some offered travel meets. We encourage swimmers to attend as many competitions as possible, and most are three days in duration, however we also understand the need to manage many other daily activities and encourage participation in other extracurricular activities in addition to being on ABLY and do not require participation in all days of a swim meet.

PROGRAM STRUCTURE

We offer a wide range of programs and training opportunities for swimmers of all levels. Our team is structured into two different divisions: Competitive and Pre-Competitive.

Competitive Team

The competitive team is the largest of our programs and is geared toward developing and progressing swimmers with some previous knowledge in swimming and offer them opportunities to compete locally, regionally and nationally. The competitive team offers 6 training groups with an average of 4-5 offered practices each week:

Group	Ages
Cudas	6 – 8 years old
Bronze	9 -10 years old
Silver	11 – 12 years old
Pre-Senior	12 – 14 years old (non-high school)
Senior 1 & Senior 2	13 & Up (High School & Elite 13-14)

Pre-Competitive Team

The Pre-Competitive team is meant to serve as a stepping stone in the development of a swimmer between lessons and the competitive team. This program will introduce swimmers to the basic knowledge and stroke mechanics necessary to become successful in our competitive program. This program is offered for all swimmers ages 6 & Up who have completed at least School Aged Swim Lessons up to Level 5: Stroke Development at the YMCA or an equivalent program.

YMCA MEMBERSHIP

Competitive Swim Team (both locations, all age groups):

Members of the Competitive team are required to be members of the YMCA in order to participate in competition. Please stop by the front desk in order to get signed up!

Pre-Competitive/Masters Team (both locations):

Members of the Pre-Competitive or Masters teams are NOT required to be members of the YMCA in order to participate in the program. However, Non-Members will be charged an additional monthly fee for the program (see below).

COST/BILLING

			M.E. LYONS LOCATION			
			Number of Swimmers in Your Family			
Group	September	Oct-Mar	1	2	3	4+
Senior I*	\$166	\$226	\$226	\$216	\$206	\$196
Senior II*	\$135	\$185	\$185	\$175	\$165	\$155
Pre Senior*	\$60	\$160	\$160	\$150	\$140	\$130
Silver*	\$60	\$147	\$147	\$142	\$137	\$132
Bronze*	\$0	\$129	\$129	\$124	\$119	\$114
Cuda*	\$0	\$95	\$95	\$90	\$85	\$80

			CAMPBELL COUNTY LOCATION	
Group	September (AT M.E. LYONS)	Oct-Mar (AT CAMPBELL CO.)		
Campbell County 8 & Under**	\$0	\$95		
Campbell County 9-10**	\$0	\$129		
Campbell County 11-12**	\$60	\$147		

Group	October - March
Pre Competitive Y Member***	\$70
Pre Competitive Non Member***	\$95

*\$140 Registration Fee per Swimmer at the time of online registration for competitive team members

**Families with multiple swimmers will have their fees adjusted as above

***\$0 Registration Fee per Swimmer at the time of online registration for Masters/Pre-Competitive team members

- I. In order to be on the Competitive team for the season, all swimmers must commit to swimming October- March and their Championship meet.
- II. If a swimmer decides to leave the team mid-month before November 1 for the winter season or May 1 for Summer Season, they are still responsible for the monthly fee for that month.

- III. If a swimmer decides to leave the team after January 1 for the winter season or July 1 for the summer season, they are still responsible for team fees for the remainder of the season.
- IV. All outstanding fees if any must be paid prior to getting in the water the swimmers first day.

How to set-up:

In order to be properly billed, you will need to complete a payment form after registering (see back of handout). All payment forms need to be turned in to Nik Balmer, Assistant Director of Competitive Swimming (nbalmer@myy.org). They can be found on our website, <http://www.ablyswim.org>, listed as '2020-2021 Payment Form' under the 'General Info' tab at the top of the home page.

How you will be billed:

- I. All registration fees, meet fees, picnic fees, banquet fees, extra cap fees, etc will be billed through the team website (where you register). You will get an invoice emailed to you about a week before the first of the month that has a link to your account where you can see what these charges will be on the first of every month.
- II. All Y membership fees and monthly team fees will be billed through your account with the Y. These fees are auto-drafted on the first of every month.

****Effective July 1, 2019, all fees billed through the YMCA that are returned for insufficient funds or expired information will be charged a \$30 returned payment fee. This is not a fee charged by ABLY, but by the company that does the billing for the YMCA****

REGISTRATION PROCESS

ALL FAMILIES/SWIMMERS MUST FULLY COMPLETE REGISTRATION PRIOR TO PARTICIPATING IN THEIR FIRST PRACTICE.**1. To register:**

- I. In order to register for the upcoming season, please go to the homepage of our website <http://www.ablyswim.org> and look for the red '2020-2021 Registration' button under the picture slideshow. Click on the registration button to begin the process. You will be asked to login or to create an account. If you currently have an account from a previous season, you may use that account. If you need to create an account, please follow the prompts.
- II. Fill out all information on the next page. The system will not allow you to move on until all sections are completed. You will be able to add alternate emails; review your billing address and phone number to be used for meet fees, team caps, etc.; as well as add parent/guardian information, insurance information and an emergency medical contact.
- III. Click on continue. You will be able to register an existing member or add a new member to your existing account. You will be asked to fill in and/or check information about your swimmer. You will also be asked to read and check the box indicating that you have read all forms such as emergency medical, code of conduct, parent code of conduct, media release and billing policy.
- IV. The final page will be the checkout page. Each swimmer will be charged a \$140 registration fee if you are registering for swim team. This fee will cover your swimmers USA fee, team shirts and team cap. If you are registering for Pre Competitive, or Masters there will not be a registration fee.

M.E. LYONS YMCA/ANDERSON BARRACUDAS GETTING STARTED CHECKLIST

SETTING UP A TRYOUT

- Complete a FREE evaluation at **M.E. Lyons YMCA Indoor Pool (8108 Clough Pike, Cincinnati, OH 45244)**
- Contact Nik Balmer at nbalmer@myy.org or 513-474-1400 ext. 2324 to set up an appointment.
- Bring a suit, towel, goggles, and meet your new coach!

AFTER THE TRYOUT – REGISTER & BILLING

MUST BE DONE PRIOR TO ATTENDING YOUR FIRST PRACTICE

- Receive your welcome email from the team admin
- Read over the registration instructions included in the informational packet provided at your tryout or found [here](#). Make sure you understand all the costs, how you will be billed and the requirements for parent participation (if applicable).
- Complete your registration by clicking [here](#). It is recommended to complete this step on a laptop or desktop computer.
- Stop by M.E. Lyons or Campbell County YMCA and ensure that you have an *active* YMCA Membership account (mandatory for all Competitive Team members e.g. those groups not Masters or Pre-Competitive)
- Fill out the payment form provided in your welcome email and email it to nbalmer@myy.org.
- [Click here](#) to check the equipment requirements for your group. Follow the instructions to order any necessary equipment including your team suit.

SWIM PARENTING BASICS

- Read up on how to sign up for meets and volunteer jobs [here](#).
- Check out the Safe Sport material listed [here](#). Make sure that you understand all material listed on the parent page and have read over the MAAPP policy for ABLY
- Download the OnDeck app on your mobile phone to track attendance, sign up for meets/jobs, check best times, and access your team information on the go
- Familiarize yourself with the layout of our website, ablyswim.org. Note the following tabs and the information contained: "Travel", "General Info", "Team"