



MAKE WAVES IN MANY WAYS!

L-S Otters Summer Swim Team LAMPETER – STRASBURG YMCA

The 2020 summer swim team will focus on technique enhancement as well as personal goal setting, camaraderie, and fun. For those interested in continuing to build on their swim team experience or for a fall competitive swimming program, Otters is a great way to train. It is also an option for off-season training for all varieties of sports.

AGES: 5 – 18 years old

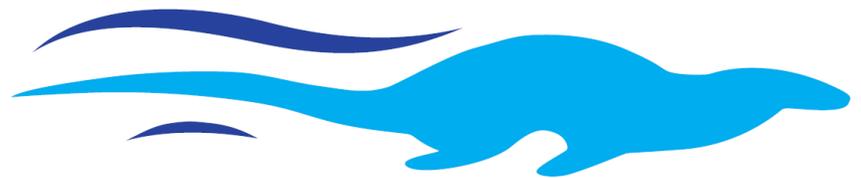
TRAINING GROUPS

10 & Under or 1st Year Swimmer

Age 10 & under or have no competitive experience. The goal of this group is to build a strong foundation of swimming skills and a love of the sport. The focus is on stroke development and fun!

11 & Over Swimmer

Ages 11 & over and have competitive experience. The goal of this group is to further the development of all four strokes as well as starts & turns. The focus of this group is on stroke mechanics and conditioning.



CHECK US OUT AT www.teamunify.com/recllfyopa

QUESTIONS?

CONTACT MEGAN SCRANTON AT Isottersboard@gmail.com



FOR YOUTH DEVELOPMENT®
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LAMPETER-STRASBURG YMCA OTTERS SWIM TEAM

REGISTRATION PACKET - Summer 2020 Season

QUESTIONS?

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LAMPETER - STRASBURG YMCA

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OTTERS SUMMER SWIM TEAM

LAMPETER – STRASBURG YMCA

Evaluation Criteria:

10 & Under or 1st Year Swimmer: Swimmers must be able to complete Lancaster Family YMCA Swim Test and swim 25 yards of backstroke.

11 & Over: Swimmers must be able to complete 100 yards of freestyle with good breathing and 25 yards of backstroke, breaststroke and butterfly.

Dates:

Season: May 18th thru July 26th

Times:

Before School Ends	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 & Under + 1st Year Swimmers	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	None
11 & Over Swimmers	7:15-8:30pm	7:15-8:30pm	7:15-8:30pm	7:15-8:30pm	None
After School Ends	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 & Under + 1st Year Swimmers	10:30-11:30am 6:00-7:00pm	10:30-11:30am	10:30-11:30am 6:00-7:00pm	10:30-11:30am	10:30-11:30am
11 & Over Swimmers	9:00-10:15am 7:15-8:30pm	9:00-10:15am	9:00-10:15am 7:15-8:30pm	9:00-10:15am	9:00-10:15am

Fees:

Member
\$150

Potential Member
\$205

Sibling Discount:

Families with two or more swimmers will have 10% deducted from their tuition for the 2nd swimmer, and 20% for the 3rd swimmer and more swimmers.

Financial Assistance:

Financial scholarships are provided to those who qualify. Applications are available at the Welcome Desk.

Payment Plan:

Payment plans are setup with permission from the Aquatics Director.

Families are responsible for the entire balance of the season that they committed to regardless of swimmer attendance.



OTTER SUMMER SWIM TEAM LAMPETER – STRASBURG YMCA

FREQUENTLY ASKED QUESTIONS AND ANSWERS

How often are my swimmers expected to be at practice?

Practice makes improvement. We encourage swimmers to attend as many practices as possible. More than that you will be able to see stroke and conditioning improvements if you attend practice regularly. However, there is NO set number of practices you must attend.

Does my child need all of the extras that other swimmers have (I.E. Fins, Goggles, Swim Caps)?

Goggles and caps are not mandatory, but they do enhance the swimmer's experience. Y Otters's swim cap is provided to those who want one.

Who determines what lane my swimmer swims in?

The coaches determine what lane swimmers swim in. This insures a safer training environment and may change based on what the item is the coach has the swimmer working on. Factors involved include the age, ability, endurance level, and emotional maturity.

How many swim meets is my child supposed to attend?

Attending swim meets is strongly encouraged, but not mandatory. Swim meets are a very important part of the program and not attending will limit your swimmer's experience. Swimmers and parents should review the schedule and plan accordingly.

What do we need to bring to a swim meet?

Ideally, each swimmer should have: two towels; two sets of goggles just in case one set breaks; two swim caps if they wear swim caps; sweats that are easy to get on and off between events (parents may be hot in a pool area, but swimmers chill easily); healthy snacks like fruit, fruit drinks, crackers (please be considerate of the facility's policy on having food on the pool deck); and of course a swim suit (ideally this is different than their practice suit and is only used for competitions).

Do I need to help at swim meets? I don't know what to do.

The sport of competitive swimming relies on volunteers. Without people volunteering there would be no competitive swimming. At our home meets, each family is required to help with at least one meet. There are numerous opportunities to volunteer, from helping to set-up, putting things away, timing, or working the computer. We are sure there is something to match your skill or interest. Please volunteer any way you can!

Who do I contact if I have a concern about the program?

Contact your swimmer's coach first. Please be considerate of the coaches' personal time and speak with them either before practice or immediately after practice. Please do not distract the coach during practice. If you feel you need to speak with someone else, please contact the Aquatics Director.

Points to Keep in Mind:

- Individual swimmers develop at different rates. This fact alone may cause stress for swimmers and external pressure cannot quicken or slow the pace of natural development. Excessive pressure can, however, contribute to burnout.
- Coaches, swimmers, and parents are human. Mistakes are inevitable. The most productive response is to admit them, excuse them, and move on. Grudges help no one.
- Let the coaches coach, let the swimmers swim, let the parents support.
- The process, not the awards, is the most valuable part of competitive swimming. The friendships, lessons, skills, and memories gained from participating in the sport and the team last forever. They help create a healthy, happy, and a strong person.
- Parents, swimmers, and coaches may not always agree, but honest and open communication maintains mutual respect and a positive relationship