



**YSSC SEA CUKES**

# YSSC

## HIGH SCHOOL PREP

# PROGRAM

**2 – 3  
Practices Per  
Week**

**No  
Attendance  
Requirement**

**Meets  
Optional  
(limited)**

**YSSC is Excited to continue this group designed for high school swimmers looking to improve their skills and stay in shape without the full commitment to year-round swimming attendance expectations of our Junior and Senior Groups!**

### **Target Athletes:**

- Athletes who prefer to practice two to three times per week without an attendance requirement or the expectation of participating in USA Swim Meets.
- Swimmers who are part of their High School Varsity Swim Team, who are looking to stay in swimming shape during the school year.
- Swimmers who are motivated to maintain or improve their swimming performance.

### **Group Information:**

- \$80 Monthly plus YMCA Membership at the Middle Tyger YMCA
- A one-time Registration fee of \$75
- Practice: Mon/Wed 6:45 – 8:15 P.M. and Saturdays 10:00 – 11:45 A.M.
- October 10<sup>th</sup> through May 13<sup>th</sup>

### **Coaching Staff:**

- This group will be coached by experience YSSC coaches under the direction of Head Senior Program Coach Ed Cullen.

Questions? Contact Dan Mascolo at [dmascolo@spartanburgymca.org](mailto:dmascolo@spartanburgymca.org)  
or Ed Cullen at [ecullen@spartanburgymca.org](mailto:ecullen@spartanburgymca.org)