

PRACTICE GROUPS

Developmental: learn and practice all four competitive strokes + racing starts & flip turns. Ages 5-10. Must be able to swim freestyle and backstroke for at least 25 yards. Practice 2-3 times per week

Age Group 3: JRSSC site only—designed to fit age and/or skill level of the swimmer. Ages 9-10 who are beyond developmental, or ages 11-12 who are new to the sport

Age Group 2: focus on nutrition, goal setting & basic core strengthening exercises. Ages 7-14 must be legal in all 4 strokes. Ages 11-12 who are new to the sport. Practice 3-4 times per week

Age Group 1: for swimmers who accomplish all 4 competitive strokes & have desire to improve, stressing hard work, discipline, & goal setting. Ages 9-14 must be legal in all 4 strokes. Practice 4-5 times per week.

Juniors: transitions swimmers from age group to the Senior level; for elite age group swimmers. Ages 11-15. Practice 5-6 times per week.

Seniors 2: JRSSC site only-high school age swimmers who want to swim year round but are not Senior Champs or above

Seniors: for elite swimmers who are committed and consistent in training at the National level. Ages 14 or older. Practice 6-7 times per week.

HOW TO JOIN

One of our coaches will determine which practice group is best for your swimmer. It is NEVER too late to join the RAYS! Prorated fees for joining mid-season.

New swimmers must be evaluated before joining.
Questions? Ask any one of our coaches listed below

Executive Director, Bob Herlinger

Robert.Herlinger@gmail.com 540.207.0846

Head Coach, Anthony Pedersen

CoachAnthony@swimrays.org 703.919.5889

Jeff Rouse Swim & Sport Center ♦ 1600 Mine Road ♦ Stafford

Patrick Bogue ♦ CoachPatrick@swimrays.org
540-424-3331

Massad YMCA ♦ 212 Butler Road ♦ Falmouth

Dylan Peck ♦ CoachDylan@swimrays.org
540-498-8682

Rosner YMCA of Spotsylvania ♦ 5700 Smith Station Rd ♦ FXBG

Jimmy Rodriguez ♦ CoachJimmy@swimrays.org
970-829-9763

King George YMCA ♦ 10545 Kings Hwy ♦ King George

Connor Muncie ♦ CoachConnor@swimrays.org
540-903-8867

Why Choose the RAYS?

- ◆ Most experienced staff with professional full & part time coaches
- ◆ Our swimmers compete at National level meets & local championship meets. Many go on to compete in college.
- ◆ We've scored higher at all championship meets than any other team in the area.
- ◆ We've been the premier team in the area for nearly 40 years
- ◆ 45 weeks of training per year, more than any other team in the area
- ◆ More practice time for upper-level groups: double sessions for most holidays
- ◆ Summer long course training at Curtis Park and Jeff Rouse SSC
- ◆ The RAYS are an investment in your child's future
- ◆ Cost comparable to local teams, but we offer so much more

RAYs Swim Team 2022-2023 *Program Guide*

Our Mission

- ◆ provide an organized, competitive swimming program
- ◆ teach good sportsmanship
- ◆ instill self-discipline
- ◆ emphasize achievement of goals, regardless of ability
- ◆ maintaining YMCA philosophy: developing the mind, body, and spirit

Membership & Dues

Dues vary with the level at which a swimmer trains. Annual dues may be paid in 11 monthly installments or in 1 discounted payment. All swimmers at the YMCA locations are required to be members of the YMCA. The team offers multi-swimmer family discounts, Outreach Assistance, and opportunities for scholarships.

The Fastest Swimming in the Fredericksburg Area

www.swimrays.org

