

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



IN ASSOCIATION WITH THE
RAPPAHANNOCK AREA YMCA
OF FREDERICKSBURG



www.swimrays.org

Practice Locations & RAYS Head Site Coaches

Executive Director
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Jeff Rouse Swim & Sport Center
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Anthony Pedersen - Head Coach
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Massad YMCA
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Josh Friedel
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Rosner YMCA of Spotsylvania
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King George YMCA
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RAYs Swim Team

2020 - 2021 Program Guide



The Fastest
Swimming
in the
FXBG Area

Why Choose the RAYS?

- ~ we have the most experienced staff with professional full & part-time coaches
- ~ our swimmers compete at National Level meets & local championship meets and 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 Fredericksburg area for nearly 40 years
- ~ 45 weeks of training per year, more than any other team in the area
- ~ more practice time for the 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 than others

Membership & Dues

Membership dues vary with the level at which a swimmer trains. Annual dues can be paid in eleven monthly installments or in one 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.



Practice Groups

Designed to progress by age, ability, and commitment of each swimmer. New swimmers must be evaluated before joining.

Developmental: learn & 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
~ 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
~ For 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

Attend one of our evaluation sessions: our coaches will determine which practice group is best suited for your swimmer

It's NEVER too late to join the RAYS: prorated fees for joining mid-season

**Any questions?
Ask one of our coaches!
See back panel for contact info.**

Evaluation by Appointment

contact
head site coach
for scheduling

(see back panel for contact info)

