

## SWIM, SPORTS & PLAY

### 2011-2012 FALL/WINTER YDC SWIM TEAM September- March

The YDC coaching staff believes in proper development of its swimmers and wants to see them develop at a rate that will promote longevity in their participation on the team and in the sport of swimming. Staff will determine which practice group is the best match for each swimmer. Swim team members are expected to participate in at least one meet a month. Parents are expected to volunteer at YDC host meets. Swimmers interested in Fall/Winter YDC Swim Team at the East or West YMCA must register.

#### TRIAL WEEK FOR AGES 10 & UNDER

T/TH 4:00-5:30pm

\$8/week

#### TRIAL WEEK FOR AGES 11 & OLDER

W/F 4-5:30pm

#### WHITE - AGES 6 AND UNDER

This level is designed to introduce competitive swimming. The focus of this group is to develop the proper mechanics of the four competitive strokes along with starts and turns. Swimmer needs to be able to swim at least 1 length of the pool without stopping.

##### West

M/W 6:30-7:30pm

##### East

M 5:00-6:00pm

T/W 4:00-5:00pm

#### RED - 10 AND UNDER

Continue to focus on learning and perfecting strokes, turns and starts. This group will also work on becoming comfortable with competition and introduced to race development. Swimmer must be able to swim 200 continuous yards of freestyle and perform at least a 25 to 50 of all competitive strokes including starts and turns.

##### West

M/W 6:30-7:30pm

F 5:30-6:30pm

##### East

M/W 4:00-5:00pm

TH 5:00-6:00pm

#### BLUE - 9-12 YEARS OLD, BEGINNER

This level will focus on perfecting strokes and meet competition. In addition this group will be exposed to endurance based interval training. Swimmers will develop race strategies.

##### West

M/W/F 3:45-4:00 (Dryland) 4:00-5:30pm

##### East

M 5:00-6:00pm

W/TH 4:00-5:00pm

#### BRONZE - 9-12 YEARS OLD, INTERMEDIATE

This level will expose swimmers to more advanced endurance based training while continuing to perfect stroke technique, starts and turns. Swimmers will also be introduced to goal setting and individual race strategies.

##### West

M/T/W/F 3:45-4:00 (Dryland) 4:00-5:30pm

##### East

M/TH/F 4:00-5:00pm

T/W 4:00-4:30 (Dryland) 4:30-6:00pm

#### SILVER - 9-13 YEARS OLD, ADVANCED

The focus for this level is on training for competition, goal setting, developing a base of endurance, advanced strokes and start and turn techniques. During competition swimmers will begin developing individual race strategies.

##### West

M/T/W/TH/F 3:45-4:00 (Dryland) 4:00-5:30pm

##### East

M/TH/F 4:00-5:00pm

T/W 4:00-4:30 (Dryland) 4:30-6:00pm

#### GOLD - 13-14 YEARS OLD

This level will focus on mastery of advanced stroke, start and turn techniques, maintaining a high endurance base, advanced racing strategies and mental meet preparation.

##### West

M/W 7:00-7:30pm (Dryland) 7:30-9:00pm

T/TH 7:00-7:45pm (Dryland) 7:45-9:15pm

F 5:00-5:30pm (Dryland) 5:30-6:30pm

##### East

M 7:15-8:00pm (Dryland) 8:00-9:15pm

T/TH 6:30-8:30pm at LaFollette

W 5:30-6:00 (Dryland) 6:00-7:30pm

F 4:00-6:00pm

#### HIGH SCHOOL

This level is designed for advanced swimmers in high school. Our goal is to develop these swimmers to achieve qualifying times for YMCA State and the YMCA National Championships and beyond. Swimmers are expected to attend USA and YMCA Swimming Meets. All high school swimmers are expected to return and compete in meets (such as USA State, YMCA State and YMCA Nationals) after their high school seasons are completed.

##### West

M/W 7:00-7:30pm (Dryland) 7:30-9:00pm

T/TH 7:00-7:45pm (Dryland) 7:45-9:15pm

F 5:00-5:30pm (Dryland) 5:30-6:30pm

##### East

M 7:15-8:00pm (Dryland) 8:00-9:15pm

T/TH 6:30-8:30pm at LaFollette

W 5:30-6:00 (Dryland) 6:00-7:30pm

F 4:00-6:00pm

#### Swim Team Registration Dates:

West - August 28 5:00-6:30pm  
(Returning participants only)

East - August 29 6:30-8:00pm  
(Returning and new participants)

For prices and more information, visit our website at [www.ydcswimteam.org](http://www.ydcswimteam.org).

Swimmers are required to have an active YMCA Membership while participating on the swim team.

Other fees required (one per family): \$50 Splash Fee Deposit \$75 Swim Team Support Fee

Ask about financial scholarships for Membership and Swim Team Fees.