

Greater Des Moines YMCA; DSMY Youth Swim Team Programming & Levels

Updated 07.16.19	White	Purple	Blue	Bronze	Travel Team Prep	Silver <i>Travel Team</i>	Gold <i>Travel Team</i>	Platinum <i>Travel Team</i>
Site	Practice site	Practice site	Practice site	Practice site	Wellmark	Wellmark	Wellmark	Wellmark
Progression Expectations <i>*skills expected for entrance into each group</i>	Good listening skills Ability to kick strong Swimming background that includes all 4 strokes	Ability to complete the following sets with proficient technique in streamlines, turns, kicking: 6 X 50 free on 1:15 6 X 50 kick on 1:30 12 X 25 IM on :50 (4 fly, 4 back, 4 breast) <i>USA Swimming membership recommended.</i>	Ability to complete the following sets with proficient technique in streamlines, turns, kicking: 8 X 100 free on 1:45 8 X 100 kick on 2:15 6 x 100 IM on 2:00 500 free faster than: 7:15 200 IM faster than: 3:15 <i>USA Swimming membership recommended.</i>	ISI Silvers, Y State/Reg Q times in current age group 10X100 free on 1:30 10X100 kick on 2:00 8 x 100 IM on 1:45 <i>USA Swimming membership recommended.</i>	USA Swim A time standard in freestyle, head practice site coach invitation 8 x 100 free @ 1:35 8 x 100k @ 2:05 6 x 100 IM @ 1:50 <i>*Travel Team swimmers are required to be a USA Swimming member.</i>	ISI Champs Q time in current age group USA Swim A time standard in freestyle, head practice site coach invitation OR summer before 9th grade. 10X100 free on 1:30 10X100 kick on 2:00 8 x 100 IM on 1:45 <i>*Travel Team swimmers are required to be a USA Swimming member.</i>	Y National Q times <i>*Travel Team swimmers are required to be a USA Swimming member.</i>	USA Swimming Sectional Champs & higher Q time <i>*Travel Team swimmers are required to be a USA Swimming member.</i>
Course Emphasis, Water Skills & Introduction to Dry Land Concepts	Short course Stroke technique based and kicking focused, introduction to meet racing components, starts/turns and understanding of swimming language and etiquette Basic stretching	Short course Stroke technique based, legal strokes and turns, aerobic training based, introduction to interval reading of the pace clock Basic stretching, basic core	Short course Stroke technique emphasis, legal strokes and turns, endurance and intro to anaerobic training based, introduction to race strategy, intro to test sets, build, descend, negative split Basic stretching, basic core, basic agility/speed	Short & long course <i>(Dependent on site)</i> Stroke technique emphasis, legal strokes and turns, endurance and anaerobic training based, race strategy, test sets, build, descend, negative split, push outside of physical and mental comfort zones Basic stretching, basic core, basic agility/speed	Short & long course Intro to a higher level of: endurance and anaerobic training, race strategy, test sets, build, descend, negative split, push outside of comfort zones for practice and meet events Basic stretching, basic core, basic agility/speed, strength training	Short & long course Continuation at a higher level of: endurance and anaerobic training, race strategy, test sets, build, descend, negative split, push outside of comfort zones for practice and meet events Basic stretching, basic core, basic agility/speed, strength training	Short & long course Intro to high-end/challenging endurance and anaerobic training sets, race strategy: race pacing and splitting Basic stretching, basic core, basic agility/speed, strength training, yoga	Short & long course High-end/challenging endurance and anaerobic training sets, race strategy, national meet preparation Basic stretching, basic core, basic agility/speed, strength training, yoga
Practices Offered Per Week & Length	4 1 hour	5 1 hour 15 min	5 1 hour 30 min	5 1 hour 30 min	5 1 hour 30 min	Doubles; all offered 2 hours	Doubles; all offered 2 hours	Doubles; all offered 2 hours
Ages	6-9 years old	9-12 years old	10-14 years old	13+ years old	11+years old	13+ years old	13+ years old	13+ years old
Character Development	Introduction of core values, team concept, be a part of a fun and safe environment	Display core values, help create positive team culture, sportsmanship intro to: goal setting, giving back, ownership and accountability	Display core values, positive team culture, sportsmanship, goal setting, community service, ownership and accountability	Live the core values, positive team culture & relationships, sportsmanship, goal setting, community service, ownership and accountability, healthy choices, priority on academics	Live the core values, positive team culture & relationships, sportsmanship, goal setting, community service, ownership and accountability, healthy choices, priority on academics	Live the core values, positive team culture & relationships, sportsmanship, goal setting, community service, ownership and accountability, healthy choices, priority on academics	Lead with core values, honest communication, self awareness, make mature decisions away from the pool, healthy choices, priority on academics	Lead with core values, honest communication, self awareness, make mature decisions away from the pool, healthy choices, priority on academics

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Meets, Competition & Event <i>Guidelines</i> (Y State in March)	3 Y meets, Y State Relays and all 4 strokes: 25s-50s	3 Y meets and 1 USA Swimming meet, Y State Relays, 200/500 free, 200 IM, 100s of strokes	3 Y meets and 2 USA Swimming meets, Y/USA State Relays, 1000 free, 200 back/breast Track IMX score	3 Y meets and 3 USA Swimming meets, Y/USA State Relays, 1650 free, 200 fly, 400 IM Track IMX score	Y/USA Silvers/State, Y Regionals, All events Track IMX score	Y/USA State, Y Regionals, Zones All events Track IMX score	Y/USA State, Y/USA post-State: Y Regionals, Y Nationals All events Track IMX score	Y/USA State, Y/USA post-State: Y Regionals, Y Nationals, USA Sectional & higher All events Track IMX score
Group Goals	Progression to Purple training group, focus on the development process.	Continue focusing on the development process, introduce motivational time standards/Q times for championship meets, progression to Blue training group.	Focus on all strokes while increasing the distances, strive to achieve motivational time standards/Q times for Y & ISI championship meets and invitational meets with qualifying times, , progression to Bronze training group.	Focus on all strokes and distances, compete and score at Y State, Y Regionals and ISI Age Group & Senior Championship meets.	Focus on all strokes and distances, compete and score at Y State, Y Regionals & ISI Silvers. Prepare athletes for competing at higher level YMCA & USA Swimming meets.	Focus on all strokes and distances, compete and score at Y State/Regionals, ISI Age Group & Senior Championship meets and qualify for Y Nationals. Prepare athletes for success in collegiate swimming.	Focus on all strokes and distances, compete and score at Y State or Regionals, ISI Age Group & Senior Championship meets, compete & score at Y Nationals. Prepare athletes for success in collegiate swimming.	Prepare athletes for success in collegiate swimming and beyond, scoring at Y Nationals and qualifying for Jr/Sr Nationals and Olympic trials.
Volunteering for Hosted Meets Service hours required: Fa/Wi: Y 15; USA 30 Sp/Su: Y 10; USA 20	Required to help with home meets; variety of positions: timer, runner, hospitality, concessions, meet setup/break down, timing computer consol	Required to help with home meets; variety of positions: YMCA Level 1 OR AO official, meet marshal, announcer, meet setup/break down, awards, program sales, volunteer coordinator	Required to help with home meets; variety of positions: YMCA Level 2 or AO official, USA Swim Stroke and Turn official, volunteer coordinator	Required to help with home meets; variety of positions offered: YMCA/USA official, volunteer coordinator and/or committee leader	Required to help with home meets and team hosted invites; variety of positions offered	Required to help with home meets and team hosted invites; variety of positions offered	Required to help with home meets and team hosted invites; variety of positions offered	Required to help with home meets and team hosted invites; variety of positions offered

In addition to the above guidelines for minimum progression requirements, swimmers will be evaluated on the “total package” when determining practice training groups. This includes daily consistency in the following: practice and meet attendance, general attitude, practice and meet performance, work ethic, commitment, leadership, sportsmanship, showcasing the YMCA core values and beliefs on a daily basis, coachability, communication and listening skills, general behavior, ability to be a team player, etc. The coaching staff will meet throughout the season to specifically address and evaluate swimmer progression and training group move-ups. The coaches will have the final say on group placement.