



***YMCA of Northern York  
Summer 2008  
Registration Packet***

YMCA of Northern York  
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**<http://nyac.wsyswim.org>**



# YMCA of Northern York Swimming

## Description of Practice Levels

### Summer 2008



#### **Age Group A**

This is NYAC's entry-level developmental group with a focus on fun and camaraderie through swimming. Emphasis is on basic stroke instruction and improving technique for freestyle and backstroke. Diving, butterfly, and breaststroke are also introduced in this level. Swimmers will compete in at least three (3) dual swim meets plus invitationals, with the potential to compete in end-of-year championship meets. **Prerequisite:** Ability to swim 25 yards freestyle and 25 yards backstroke.

#### **Age Group B**

Swimmers in this competitive level will have the opportunity to practice four (4) days per week, developing proper stroke technique and forming correct practice habits. Swimmers should be comfortable with training up to 75 minutes per day with good listening skills. Swimmers who are comfortable with all four competitive strokes will also learn competitive readiness and practice discipline. Swimmers will compete in approximately five dual swim meets plus invitationals, in addition to end-of-year championship meets

#### **Age Group C**

Swimmers in Age group Level C will have the opportunity to practice five (5) days per week. A commitment to improve skills and conditioning is a must. Swimmers should be comfortable with training up to 90 minutes per day in the water, and another 15 minutes of dryland training with good listening skills. Practice discipline, further skill development, challenges, and training are the primary goals of this group. Swimmers will compete in approximately five dual swim meets plus invitationals, in addition to end-of-year championship meets

#### **Pre-Senior**

This is the top level for our Age Group swimmers, that will prepare the athletes for our Senior and programs. Swimmers must be able to perform freestyle repeats up to 400 yards; 100+ yards of all strokes (Fly/Back/Breast) with strong technique; endurance and technique to handle practices confidently with a strong commitment. Swimmers will have an opportunity to practice six (6) days per week. A commitment to training and learning is expected. This group will be limited to 30 swimmers. Dryland and core body land strengthening will be incorporated in this group. Proper skill development and good training habits are the goals of this group. Participation in this group may require minimum practice time standards. Swimmers will compete in approximately five dual swim meets plus invitationals.

#### **Senior**

This is our highest, and most demanding practice group for the swimmer that is willing to be committed at an "above average" level. This group is geared for the experienced swimmers that are committed to high standards in training in terms of attendance and practice intensity. Time management relative to academics and training is of the utmost importance. Swimmers in this group must be able to train at a high level for at least two hours. Swimmers in this level are expected to maintain 80% practice attendance. A dryland/conditioning program is offered on the pool deck. Proper stroke mechanics are necessary, and further emphasis is placed on intense training, mental preparation, and advance race strategy. The goal of this group is the Y National meets in August.

*All group placement decisions are made by the Coaching Staff and maintain the best interest of the swimmer and their long-term development. Please keep in mind that each athlete is different and has different physical and emotional needs.*



## YMCA of Northern York Swimming General Practice Schedule Summer 2008

***Beginning Monday, April 14, 2008***  
***UPDATED Friday, May 23, 2008 (with changes)***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR</b>	7-9pm Dland 6-7pm	5-7pm	7-9pm	5-7pm Dland 7-7:45pm	4:15-6pm	TBD
<b>Pre-S</b>	7-9pm Dland 6:30-7pm	5:15-7pm	7:30-9pm	5-7pm Dland 7-7:45pm	4:30-6pm	TBD
<b>AG-A</b>	5-6pm	OFF	5-6pm	OFF	5-6pm	OFF
<b>AG-B</b>	Off	7-8:30pm	5:30-7pm Dland 7-7:30p	7-8:30pm	6-7:15pm Dland 7:15-7:40p	OFF
<b>AG-C</b>	5:30-7pm Dland 7-7:45pm	7-8:30pm	OFF	7-8:30pm Dland 6-7pm	6-7:30pm	OFF

### YMCA of Northern York HOME Swim Meets Dates:

- Saturday, June 28, 2008      Dover at NYAC
- **TUESDAY, July 8, 2008**      **Hampden at NYAC**

**Practice Changes:** We will attempt to give everyone notice of any practice changes at least 2-3 days prior to the practice change. These changes will be done using our email system.



# YMCA of Northern York Swimming Swimmer Code of Conduct Summer 2008

The following Code of Conduct must be read and signed annually by all YMCA of Northern York swimmers and their parents. *(Not needed if you swam with NYAC over the Winter 2007-2008)*

## **Expected Behavior at all NYAC activities:**

1. Act and conduct myself with dignity and respect for others and the property of others.
2. Always practice and teach good sportsmanship.
3. Promote positive high team spirit and morale.
4. Offer congratulations to my opponents, win or lose, and to cheer on my teammates.
5. Be a responsible goodwill ambassador between the sport of swimming and the public, as well as representing the YMCA of Northern York in the appropriate manner.

## **Prohibited Behavior at all NYAC activities:**

1. Use of alcoholic beverages.
2. Use of illegal drugs.
3. Smoking or other use of tobacco products.
4. Destructive behavior, including defacing lockers in any locker room.
5. Inappropriate or unruly behavior, including failure to adhere to team standards.
6. Theft of any kind.

## **Signatures:**

I have read the NYAC Competitive Swimming Code of Conduct and agree to abide by its provisions. If I do not abide by these provisions a meeting will occur between swimmer (s), parent(s), and Head Coach to determine exact outcome, which could include removal from the YMCA of Northern York Competitive Swimming Program.

\_\_\_\_\_  
Signature of Swimmer

\_\_\_\_\_  
Date

I have read the YMCA of Northern York Competitive Swimming Code of Conduct and agree to abide by its provisions.

\_\_\_\_\_  
Signature of Parents

\_\_\_\_\_  
Date



# YMCA of Northern York Swimming Parent/Guardian Code of Conduct 2007-2008

As a parent/guardian of a swimmer and member of the YMCA of Northern York competitive swimming program, I will abide by the following guidelines: *(Not needed to be returned if you swam with NYAC over the Winter 2007-2008)*

1. Practice teamwork with all parents, swimmers and coaches by supporting the values of Honesty, Caring, Respect and Responsibility.

2. I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) that interfere with coaches on the pool deck.

3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.

4. Maintain self-control at all times. Know my role.

Swimmers	Swim
Coaches	Coach
Officials	Officiate
Parents	Parent

5. I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated, and I may be asked to leave the program.

6. Enjoy involvement with the YMCA of Northern York Competitive Swimming Programs by supporting the swimmers, coaches and other parents with positive communication and actions.

7. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

**Sanctions:** Should I conduct myself in such a way that brings discredit or discord to the YMCA of Northern York Competitive Swimming Program, I voluntarily subject myself to disciplinary action. The YMCA maintains the right to terminate program membership with/without cause in the interest of our vision, mission and objectives.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date