



## Description of Practice Levels 2008-2009

As a member of the WSY Competitive Swimming program, swimmers must also be members of the West Shore Branch YMCA, and will have access to the YMCA during normal operational hours. If you would like a Family membership, so that your entire family may use the YMCA, please stop by the Membership Department.

### Three-Level Age Group Program

**AG-A Age Group Level A** (*program begins Monday, September 22, 2008*) **Age 8-10**

Swimmers in this competitive level will have the opportunity to practice three (3) days per week, developing proper stroke technique and forming correct practice habits. Swimmers must be able to swim 25 yards in any manner and be comfortable in deep water and in a group setting away from parents. Swimmers will learn basic floating, kicking, body balance and breathing skills allowing them to kick repeated distances of 25 yards on the front and back. Swimmers 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.

**AG-B Age Group Level B** (*program begins Monday, September 22, 2008*) **Age 8-10**

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.

**AG-C Age Group Level C** (*program begins Monday, September 22, 2008*) **Ages 9-11**

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 expected attendance in YMCA Districts/States for those who qualify.



## Three-Level Senior Program

### Pre-Senior (program begins Monday, September 15, 2008)

**Ages 10-15**

This is the top level for our Age Group swimmers, that will prepare the athletes for our Senior and National 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 40 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 aged 12 and under with National qualifying times may be placed in this group at the discretion of the Head Coach. Swimmers will compete in approximately five dual swim meets plus invitationals, in addition to expected attendance in YMCA Districts/States for those who qualify.

### Senior (program begins Monday, September 8, 2008)

**Ages 12 and over**

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 National meets in April and the High School State meet. Participation in YMCA District and State meet is expected. Participants in this group should have attained (or be within 3 percent) at minimum of the YMCA Long Course qualifying times. Other swimmers may be permitted in this group after meeting with the Head Coach.

### National (program begins Tuesday, September 2, 2008) **Ages 13 and over**

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. This is a highly competitive training group for those swimmers competing on the national and international level. Training is geared towards preparing swimmers for YMCA National, US National, and Olympic Trial levels of competition. A high level of commitment and attendance is required in order to participate in this group. Swimmers participating in this practice group **must have at least YMCA Short Course National qualifying times, and be willing to make an attendance commitment**. This group will be limited in number of swimmers. Sample practice guidelines include: 10x100 FR on 1:10; 6x400 FR on 4:40; 10x100 Kick on 1:40; 6x200 IM on 2:45.

*All group placement decisions are made by the coaching staff and are in the best interest of the swimmer and their **long-term development**. Many group promotions are done with consideration of the athletes past history of times and work ethic, not what is promised in the future. Each athlete is different and has different physical needs. Please keep this in mind*





## **WSY Pre-Competitive Swimming Programs**

### **Just For Fun Pre-Competitive Swimming**

Ages 6-12

This is a monthly program for swimmers who wish to swim competitively WITHOUT a yearly commitment or pressure of added swim meets. This program will focus primarily on technique and FUN. This program is great for SUMMER league swimmers. This program will meet once per week, on Sundays from 4:15-5:15pm, and your fees are paid at the YMCA Front Desk once every five (5) weeks. The first class is Sunday, September 21, 2008

### **Take Your Mark Pre Competitive Swimming**

Ages 5-12

Pre-Competitive swimmers will learn fundamentals of competitive swimming through fun-filled drills in a positive atmosphere. This program is the first of a two-part program designed to slowly move swimmers from the pre-competitive level to the competitive levels. Practices will begin Friday, September 19 at 6:15pm. Each practice will be an hour. The program will continue through Friday, December 19, 2008. There will be no swim meets during this time. Our concentration will be on correct stroke form of all four (4) competitive strokes, as well as understanding how to use starting blocks. Children that are interested in participating in swim meets, should register for the "Mini Team" program that will begin in January, 2008. There is one fee for this program and this fee is all-inclusive. There will be no "added fees" unless you wish to purchase a swim suit for your child. Parents will not be asked to participate in any fundraisers. To register for this program, simply fill out the registration form and return the form to the YMCA with the proper fee. Parents that wish to have their child(ren) "try out" the program prior to registration should plan to attend the first two classes prior to returning the forms and fees

### **WSY "MINI TEAM"**

Ages 5-12

Pre-Competitive swimmers will continue to learn fundamentals of competitive swimming in addition to participating in the excitement of swim meets. Inter-squad meets will be held in January and March. Swimmers will have the opportunity to swim in our WSY Valentine 9 & Under Invitational in February. This program is meant to be the second part of our pre-competitive program. The starting date for this program is January 9, 2009, and the program will continue through March 27, 2009. The program meets from 6:15-7:15pm at the YMCA. There is one fee for this program and this fee is all-inclusive, including your entry into our inter-squad meets, and the invitational. There will be no "added fees" unless you wish to purchase a swim suit for your child. All swimmers in this program will be given a custom WSY Mini Team T-shirt. To register for this program, simply fill out the registration form and return the form to the YMCA with the proper fee. Parents that wish to have their child(ren) "try out" the program prior to registration should plan to attend the first two classes prior to returning the forms and fees

