

SWIM TEAM PRACTICE LEVELS

THREE-LEVEL AGE GROUP PROGRAM

AG-A Age Group Level A Program begins Tuesday September 26, 2017 **Age 7-10**

Description: This practice group is our beginning level of our competitive team. Practice locations are at the YMCA in Camp Hill as well as Northern York High School. Swimmers will learn the 4 competitive strokes. Proper technique of body position, arm-strokes, kicking and breathing skills will be the focus.

Practice Level Prerequisites: Swimmers must be able to swim 25 yards freestyle (with rotary breathing) and backstroke. Swimmers must also be comfortable in deep water and in a group setting away from parents.

Practice Frequency: Swimmers in this competitive level will have the opportunity to practice three (3) days per week

Training Goals: Goals of the AG-A practice group include: completing a legal 100 IM in a meet, completing a flip turn, streamlining past the flags underwater with dolphin kicks, and flutter kicking as well as proper turns at the walls and starts from a starting block. Swimmers will also learn competitive readiness and practice discipline.

Swim Meet Opportunities: Swimmers will compete in at least one swim meet per month, in addition to end-of-year championship meets.

AG-B Age Group Level B Program begins Monday, September 11, 2017 **Age 8-12**

Description: Practice locations are at the YMCA in Camp Hill as well as Northern York High School. 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 learn competitive readiness, practice discipline and developing proper stroke technique and forming correct practice habits.

Practice Level Prerequisites: Swimmers must be able to demonstrate a legal 100 IM, and swim at least 300 yards non stop with flip turns.

Practice Frequency: Swimmers in this competitive level will have the opportunity to practice four (4) days per week.

Training Goals: Swimmers will learn to read a pace clock as well as understand practice performances and how they relate to swim meet performances. Specific training goals include Flutter kick 10 x 25 :35, Swim 10 x 50 :55, Swim 3 x 200 IM legally as well as attain YMCA District qualifying times.

Swim Meet Opportunities: Swimmers will compete in approximately one to two swim meets per month, in addition to end-of-year championship meets.

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THREE-LEVEL AGE GROUP PROGRAM

AG-C Age Group Level C Program begins Monday, September 11, 2017 **Age 10-14**

Description: Practice locations are at the YMCA in Camp Hill as well as Northern York High School. Swimmers who are comfortable with all four competitive strokes will learn competitive readiness, practice discipline and developing proper stroke technique and forming correct practice habits. All swimmers in this group will be billed a yearly USA Swimming Registration fee \$80.

Practice Level Prerequisites: 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. Flutter kick 10 x 25 :35, Swim 10 x 50 :55, Swim 3 x 200 IM legally.

Practice Frequency: Swimmers in this competitive level will have the opportunity to practice five (5) days per week.

Training Goals: **YMCA District Qualifying time in the 200 Free and 200 IM** and swim a 500 freestyle properly with 6 underwater kicks off all walls. Swimmers should be able to swim 8 x 100 1:40 freestyle, as well as swim faster than 1:15 in 100 yard free in practice.

Swim Meet Opportunities: Swimmers will compete in approximately one to two swim meets per month, in addition to end-of-year championship meets. .

SWIM TEAM PRACTICE LEVELS

TWO-LEVEL SENIOR PROGRAM

Pre-Senior program begins Tuesday, September 5, 2017

Ages 12-15

This practice group meets at Messiah College (Oct-April), West Shore Country Club, Outdoors in September, as well as May and Hampden Township pool in June and July. This is the top level for our Age Group swimmers, that will prepare the athletes for our Senior program. Swimmers must be able to perform freestyle repeats up to 500 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. Proper skill development and good training habits are the goals of this group. Swimmers in this group must have (at minimum) the YMCA District Qualifying time in the 200 Free and 200 IM, and swim 1000 yards properly. Swimmers will compete in approximately one-two meets per month, in addition to expected attendance in YMCA Districts/States/Nationals for those who qualify. Training goals of the Pre-Senior practice group: Swim a legal 400 IM in a meet under 5:30, 30 x 25 :30 flutter kick, 15 x 100 1:25 freestyle, 12 x 100 1:40 IM, 200 free under 2:10 and 500 free under 5:35, 200 IM under 2:25. All swimmers in this group will be billed a yearly USA Swimming Registration fee \$80

Senior/High School program begins Monday, August 28, 2017

Ages 14 and over

This practice group meets at Messiah College (Oct-April), West Shore Country Club, Outdoors in September, as well as May and Hampden Township pool in June and July. 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. All swimmers in this group will be billed a yearly USA Swimming Registration fee \$80. 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 August as well as the High School State meet. A high level of commitment and attendance is required in order to participate in this group. Swimming in college is an objective of swimmers in this practice group and assistance with the recruiting process is offered to all group members. **To be a member of this group is a commitment not a convenience. Swimmers must have either Y Long Course National "Q" times or be in 9th grade to be in this group**

Behavior Goals of the WSY Senior group: Attendance, actions and attitudes reflect the goal-seeking focus of the Senior Group, personal accountability, very limited conflict with high school and summer league swimming, Senior group athletes strive to make lifestyle choices appropriate for achieving greatest personal success in matters regarding nutrition and rest. Parental involvement in swimming decisions is welcomed in the Senior Group when requested by the coach or the athlete. Willingness to try, strive, dream and achieve. **Swimmers in this practice group must have either Y Long Course National "Q" times or be in 9th grade and be willing to make an attendance commitment.**