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# HEALTHY COMPETITION SKILLS FOR LIFE

**YOUTH SPORTS**  
**Competitive Swim Team**  
**WEST SHORE YMCA**



## **2018-2019 NEW Swimmer Registration**

The West Shore YMCA Competitive Swimming Program has programming available at our facility in Camp Hill, at Messiah College, as well as Northern York High School in Dillsburg. We also offer programming in the Summer at Hampden Township Park and Pool

All participants that practice at the YMCA or Messiah College **MUST** be full facility members of the West Shore Branch YMCA. Participants that practice at Northern York High School must purchase a Program Membership, and are encouraged to be full facility members of the YMCA.

All **NEW** Swimmers (did not swim during 2017-18/Summer 2018) need to contact [mike@wsyswim.org](mailto:mike@wsyswim.org) for evaluation before you can register for the team .

Financial Aid is available for those who qualify.  
Please email [Val.Cassell@YMCAHarrisburg.org](mailto:Val.Cassell@YMCAHarrisburg.org) for more information.

**HARRISBURG AREA YMCA WEST SHORE BRANCH**  
**Competitive Swimming**  
410 Fallowfield Road Camp Hill, PA 17011  
P 717 514 2287  
E [mike@wsyswim.org](mailto:mike@wsyswim.org) [www.yswim.org](http://www.yswim.org)

# SWIM TEAM PRACTICE LEVELS

## THREE-LEVEL AGE GROUP PROGRAM

### **AG-A Age Group Level A**    Program begins Tuesday September 25, 2018    **Age 6-9**

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 10, 2018    **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.

# SWIM TEAM PRACTICE LEVELS

## THREE-LEVEL AGE GROUP PROGRAM

**AG-C Age Group Level C** Program begins Monday, September 10, 2018 **Age 11-15**

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 4, 2018 **Ages 12-15**

This practice group meets at Messiah College (Sept-April) 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 27, 2018 **Ages 14 and over**

This practice group meets at Messiah College (Sept-April) 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.**

# WEST SHORE YMCA

## Competitive Swim Team

### PROGRAM POLICIES AND INFORMATION

**YMCA Membership Required** – A Youth, Teen or Family membership to the YMCA is required to participate on the swim team. Swimmers that practice primarily at Northern High School and DO NOT wish to participate in YMCA Championship meets will only need to be YMCA Program Members, which will enable you to swim in YMCA Dual Meets ONLY.

**Program Payment** – Program fees may be paid in full or by monthly draft. We do not invoice or allow you to pay monthly by check. The monthly draft is processed on the 15th of each month and a credit card is required.

**Payment Problems** – A \$30 service charge will be assessed for any declined payment. The YMCA will attempt to collect returned drafts on the YMCA's next draft date. The YMCA will attempt to collect payment on each draft date until payment is successfully received. If you have two declined drafts within a six-month period, you will no longer have the draft privilege and will be required to pay the balance in full, in advance.

If there is a change to your credit card information (i.e. exp. date, new card #) it is your responsibility to notify the YMCA of any changes to your credit card account that would affect the successful processing of their draft charge.

**Cancellation/Withdraw from Program** – Two-week notice is required. Non attendance, without written cancellation, does not relieve you of the responsibility to pay for the program. **Bank and Credit Draft Participants** – You must have your written cancellation submitted by the 1st of the month in order to stop payment on the 15th.

**Refunds** – Nonattendance does not entitle you to a refund. Refunds or adjustments are not granted for illness, vacation or when YMCA programs are cancelled due to inclement weather. All refunds or program credits given for other reasons are issued on a prorated basis. The YMCA reserves the right to apply any credit due to other outstanding balances. Refunds are issued within 30 days of cancellation. Registration fees are nonrefundable. **Program fees are not refundable after January 1.**

**Sibling Discounts** – Multiple swimmer families will pay the full program cost for the 1st swimmer and receive a 5% discount on the TOTAL of the monthly training fees of the additional swimmers in their family. The first swimmer is the swimmer paying the highest program cost.

**USA Swimming Registration fees** and registration deposits are nonrefundable. Swimmers in AGC, Pre-S and Senior will be billed a yearly USA Swimming Registration fee \$80.

**Escrow Accounts** – All team members must have an escrow account. A minimum deposit of \$50 is due at the time you register. Further escrow account payments should be made at the Welcome Center. Deductions from your escrow account include invitational entry fees and swim shop purchases.

**Meet Entry Fees** – Meet entry fees are set by the host team and are charged to the swimmer's escrow account for each meet they enter. Meet entries are to be prepaid by the participant. Once entry fees have been sent to the host team or the meet program has been seeded for WSY events, you will be responsible for the entry fees even if you decide not to compete due to personal choice or illness, no exceptions. Lack of knowledge of the meet entry process does not waive meet entry fees. Swimmers who compete in a relay will be charged the entry fee for participation in that event.

# WEST SHORE YMCA

## Competitive Swim Team

### 2018-2019 PROGRAM FEES

| Practice Level   | Paid in Full | w/ Sibling Discount | Draft Amount | w/ Sibling Discount |
|--|--------------|---------------------|--------------|---------------------|
| <b>AGA</b>   | \$657        | \$624               | \$120        | \$114               |
| <b>AGB</b>   | \$1,307      | \$1,241             | \$180        | \$171               |
| <b>AGC</b>   | \$1,463      | \$1,390             | \$201        | \$191               |
| <b>Pre-Senior</b>  | \$1,733      | \$1,646             | \$238        | \$226               |
| <b>SR/High School*</b>   | \$1,593      | \$1,513             | \$219        | \$208               |
| <b>Northern York School District Residents practicing at Northern HS</b> |              |                     |              |                     |
| <b>AGA</b>   | \$504        | \$479               | \$90         | \$86                |
| <b>AGB</b>   | \$1,045      | \$993               | \$144        | \$137               |
| <b>AGC</b>   | \$1,170      | \$1,112             | \$161        | \$153               |
| <b>Pre-Senior</b>  | \$1,386      | \$1,317             | \$173        | \$165               |

Program fees for **AGA** are for practices beginning Tuesday, September 25 through Thursday, March 7. Program Fees for AGA **do NOT** include Summer League Swimming with the Hampden Ducks. There will be a separate registration and fee (\$125 per swimmer) for those interested.

Program fees for **all practice groups (other than AGA) DO** include practices through July and Summer League Swimming with the Hampden Ducks or Northern York Aquatic Club (NYAC). AGA swimmers will have an opportunity to swim in our WSY Stroke Clinic in April/May. AGA swimmers may also register with our Hampden Ducks Summer League Team in June and July

In the months of May, June and July, we will offer a High School practice group at Northern High School for those NYCSD high school students

Program fees **do NOT** include Y Membership fee, Family Registration fees (\$200 per family), USA Swimming Membership (\$80 per person), or Swim Meet Fees. Y Membership fees are here: <http://ymcaharrisburg.org/membership/>

**Payment may be paid in full or by monthly credit card draft.** The monthly draft is processed on the 15th of each month. AGA is billed for 6 months, starting October 15th and ending with March 15th draft. All other practice groups are billed for 8 months, starting September 15th and ending with April 15th draft.

\*The **High School Rate** is for High School swimmers that will practice 90% of the High School Season (November 16-February 2019) with their High School team. There is not a separate practice group for this level. This is for financial purposes. Athletes selecting this payment plan would have an opportunity to attend WSY practices on average of one day per week, plus meets between November 16, 2018-February, 2019

Families with multiple swimmers will pay the full program cost for the 1st swimmer and receive a 5% **Sibling Discount** on the TOTAL of the monthly training fees of the additional swimmers in their family. The first swimmer is the swimmer paying the highest program cost.



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# WEST SHORE YMCA Competitive Swim Team

## REGISTRATION FORM (FOR NEW SWIMMERS)

FAMILY NAME: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_ EMPLOYER: \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_ EMPLOYER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

SCHOOL DISTRICT OF RESIDENCE: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ E-MAIL ADDRESS #2: \_\_\_\_\_

EMERGENCY CONTACT: (NAME AND PHONE) \_\_\_\_\_

SUMMER SWIM TEAM: \_\_\_\_\_

| Swimmer Last Name | First Name | MI | Gender | Birthdate | Practice Level Assignment |
|-------------------|------------|----|--------|-----------|---------------------------|
|                   |            |    |        |           |                           |
|                   |            |    |        |           |                           |
|                   |            |    |        |           |                           |
|                   |            |    |        |           |                           |

OUR PRIMARY PRACTICE LOCATION WILL BE AT NORTHERN HIGH SCHOOL    YES    NO

**Emergency Medical Release:** Should a medical emergency arise during my child's participation with at West Shore YMCA sponsored activity, I understand that reasonable effort will be made to contact me or the emergency contact I have provided. If I cannot be reached, or if it is believed that my child's life or health may be adversely affected by the delay that an attempt to contact me would cause, I consent to the administration of medical treatment and/or surgical procedures deemed necessary by the medical doctor and/or medical facility chosen by the West Shore YMCA and I consent to the immediate administration of life sustaining measures deemed necessary under the circumstances.

I have read and understand the above Medical Release section and agree to the terms and conditions therein

Signature \_\_\_\_\_ Date \_\_\_\_\_





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# West Shore YMCA Swim Team 2018-2019 Fees Worksheet

## Swimmer's Name (A separate form MUST be filled out for each swimmer participating)

Swimmer's Name (Last, First, MI) \_\_\_\_\_ Birthdate \_\_\_\_\_

Gender \_\_\_\_\_ Grade in Fall 2018 \_\_\_\_\_ Practice Group: A B C PRE-SR SR

Parent's Email Address \_\_\_\_\_

All members of the WSY Competitive Swimming Programs must be full facility members of the YMCA, unless you are practicing at Northern High School, and then you must be a Program Member (\$10/year).

Are you currently a Y Member?

I am currently a Full Facility Member. Membership Type \_\_\_\_\_  Renew my membership

I am a Program Member  I need a Program Membership (\$10) (For NYCSD swimmers only)

Registration cannot be completed without an active membership.

## Registration, Escrow and USA Swimming

Registration Fee for the 2018/2019 season is **\$200 per family**. Registration fee includes 2 team t-shirts and swim caps. (NOTE: The registration fee is NON-REFUNDABLE and NON-TRANSFERABLE.)

\$50 Escrow Account. All families must start their swim meet (escrow) account at registration.

\$80 USA Swimming Membership Fee. NEW or RENEW  
All AGC, Pre-SR and SR level swimmers are required to have this.  
This is optional for swimmers in AG-A, and AGB practice groups.

## Team Fees

There are two methods of payment (1) in full or (2) monthly credit card draft. If paying monthly, your first payment will be deducted September 15th for Sr, Pre-Sr, AGB and AGC; last payment is April 15th. Swimmers registering for AGA will have their first payment deducted October 15th; last payment is March 15th.

I am a resident of Northern York School District. Please use NYCSD Fees.

I am using the High School Rate  I have more than 1 swimmer

I am paying in FULL \$ \_\_\_\_\_ (This is due at time of registration)

I am paying \$ \_\_\_\_\_ by credit card draft starting September/October 15th

## Payment Information

Total amount I am paying today: \$ \_\_\_\_\_

VISA  Discover  Master Card  American Express  Check # \_\_\_\_\_

Complete Credit Card Authorization form for credit card payment.





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## WEST SHORE YMCA Competitive Swim Team

# CHARGE CARD AUTHORIZATION

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

### Draft Agreement (if drafting):

I understand that should any Program Fee draft be declined for any reason, I realize that I am still responsible for that payment plus a \$30 service charge applied by the YMCA. This is in addition to any service fee my bank may make.

I understand that if I wish to withdraw from the swim team I must give at least 2 weeks notice and provide it no later than the 1st of the month to stop payment on the 15th.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I authorize the YMCA to charge this credit card for the following:

- Initial and/or Payment in Full for \$ \_\_\_\_\_
- Drafting monthly Program Fee of \$ \_\_\_\_\_
- Family Escrow Account Charges
- Giant Foods Fundraising

Name Shown on Charge Card: \_\_\_\_\_

Card Type: Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ American Express \_\_\_\_\_ Discover \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_