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# HEALTHY COMPETITION SKILLS FOR LIFE

## YOUTH SPORTS

### YMCA Competitive Swim Team at Northern High School 2019-2020 Season

Join our YMCA Competitive Swimming programs in the Northern School District. Competitive swimming is the best low-impact general conditioning activity available. Swimming also increases motor skills and coordination.

We offer practice levels from 7 years old through High School. Participants in elementary and middle school will practice 3-4 days per week at Northern High School as well as the opportunity to practice at the YMCA in Camp Hill on Sunday afternoons. High School and advanced middle school level swimmers will practice at Messiah College. We have about two swim meets per month which begin in October. Swim meets are held locally at either Cumberland Valley High School, Messiah College or Northern High School. For more information, fees and practice schedule email [mike@wsyswim.org](mailto:mike@wsyswim.org) or call (717) 514-2287 for practice group placement and a "free" try out week. You may also stop by the pool at Northern High School between 5-7pm Tuesday-Friday and talk with Coach Jared, Coach Kelly or Val for more information

For detailed information including practice times, costs involved, and specific practice level pre-requisites, visit our website at <http://www.yswim.org>

Financial Aid is available for those who qualify. Please email



#### 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)

# WEST SHORE YMCA @ NORTHERN Competitive Swim Team

## 2018-2019 PROGRAM FEES

Practice Level	Paid in Full	w/ Sibling Discount	Draft Amount	w/ Sibling Discount
<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/High School</b>	\$1,386	\$1,317	\$173	\$165

Program fees for **AGA** are for practices beginning Tuesday, September 25 through Thursday, March 8 Program Fees for AGA **do NOT** include Summer League Swimming with the NYAC. 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 Northern York Aquatic Club (NYAC). AGA swimmers will have an opportunity to swim in our Stroke Clinic in April/May. AGA swimmers may also register with our NYAC 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 (\$82 per person), or Swim Meet Fees.

**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 Northern High School swimmers that will practice with our YMCA program in September, October, April, May, June, July.

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 (NORTHERN HIGH SCHOOL)

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

### ALL SWIMMERS MUST BE FULL FACILITY MEMBERS OF THE YMCA

**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 \_\_\_\_\_

# SWIM TEAM PRACTICE LEVELS

## THREE-LEVEL AGE GROUP PROGRAM

### **AG-A Age Group Level A**    Program begins Tuesday September 24, 2019    **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. **Swimmers should have completed the WSY Pre Competitive programs as well as Spring Stroke Clinics PRIOR to registering for AGA practice group**

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 9, 2019    **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 9, 2019 **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 \$82.

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. .



# 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 with the WSY Competitive Swimming programs.

**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 12th 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 12th.

**Refunds** – Non-attendance 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 \$82.

**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.





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# West Shore YMCA Swim Team 2019-2020 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 2019 \_\_\_\_\_ 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.

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 to update from Program to Full Facility Member

Registration cannot be completed without an active membership.

**Registration, Escrow and USA Swimming**

Registration Fee for the 2019/2020 season is **\$200 per family**. Registration fee includes 2 shirts, cinch bag, water bottle 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.

\$82 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 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 12th.

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
- YMCA Membership Fee

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

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

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

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