



Description of Practice Levels Summer 2010

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.

AG-B Age Group Level B (program begins Tuesday, June 1, 2010) Age 8-10

This is our introductory level for the Summer Season. 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 swimming 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 Summer League Dual meets as well as local invitationals. ***Participants in this group should also register for the WSY Stroke Clinic in the Spring.*** Practice will run through the end of July

AG-C Age Group Level C (program begins Monday, April 19, 2010) 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. ***Swimmers in this level should have made at least two qualifying times for the most recent YMCA District Championships.*** Practice discipline, further skill development, challenges, and training are the primary goals of this group. Swimmers will compete in approximately five Summer League dual swim meets plus invitationals, and championship meets, in addition to several USA Swimming sanctioned long course meets. This practice group will run from April 19, 2010-August 22, 2010





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Pre-Senior (program begins Monday, April 12, 2010)

Ages 10-15

Our Pre-Senior Group will prepare the athletes for our Senior program. 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 should also have attained the 200 free and/or 200 IM qualifying time for the most recent YMCA District Championships. Swimmers will have an opportunity to practice six (6) days per week. A commitment to training and learning is expected. 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. Swimmers aged 12 and under with YMCA National qualifying times may be placed in this group at the discretion of the Head Coach. Swimmers will have the opportunity to compete in approximately five "Summer League" dual swim meets as well as encouraged attendance at USA swimming long course meets as scheduled. Practices are held at both the YMCA as well as Messiah College. This practice group will train through the end of August

Senior (program begins Monday, April 12, 2010)

Ages 13 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 and a half 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 August. Participants in this group should have attained at least one (1) YMCA Long Course National qualifying time. A high level of commitment and attendance is required in order to participate in this group. Sample practice guidelines include: 10x100 FR on 1:15; 6x400 FR on 4:50; 10x100 Kick on 1:45; 6x200 IM on 2:30. Other swimmers may be permitted in this group after meeting with the Head Coach. This group will also be split into two groups as we progress through the year providing for additional challenges for those that demonstrate that ability. Practices are held at both the YMCA as well as Messiah College. This practice group will train through the end of August

*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*



