

Swim Team

YOUR CONTACT IS:

Adam Braun

Competitive Aquatic Director - abraun@ymcade.org

SWIM TEAM HOTLINE: 302-224-5562

WESTERN WAHOOS SWIM TEAM MISSION:

Western Wahoos Swim Team Mission:

Our mission is to help build honest, caring, responsible, and respectful young adults through a competitive swim team program. Our dedicated, trained, and experienced coaching staff will guide each swimmer through technical training to compete at his or her highest potential. With an emphasis on teamwork and sportsmanship we will prepare swimmers for a lifetime of success both in and out of the water

2008-2009 WINTER SEASON HIGHLIGHTS:

- 150 Swimmers on the team.
- 26 new team records broken.
- 4th place at Delaware State Championships
- 4th place at YMCA South East District Championships.
- 10 YMCA Short Course National participants.

2009-2010 SEASON:

- Season begins Wednesday, September 16th 2009.
- Season ends for any non-championship qualifying swimmers Friday, March 5th, 2010.
- Full Members Only.
- Registration for returning families begins August 17th.
- Registration for new families begins August 24th.
- Families have the option of paying program fee with 4 bank drafts from September – December or a one-time fee.
- No down payment needed upon registration.
- All fees must be paid in full by December 31, 2009.
- Please provide member services with a current email address to receive team newsletters and updates.
- All practices held in our 8-lane bubble.
- Suit Fitting – Thursday September 17th: 5:30 to 6:15 PM.
- New Parent Meeting – Thursday September 17th: 6:15 - 7:00 PM.
- Returning Parent Meeting – Thursday September 24th, 6pm.
- Saturday October 17th – Wahoo-A-Thon & Pancake Breakfast.



WWW.WESTERNWAHOOS.ORG

PLACEMENT EVALUATIONS WILL BE AVAILABLE FROM AUGUST 24TH – SEPTEMBER 10TH

**Please contact Adam Braun (abraun@ymcade.org)
for more details and to arrange an evaluation today.**

INTRODUCTION

[02600-02]

Prerequisites: All first time swimmers must be evaluated by a swim coach before officially joining the team. Participants must be able to swim one full length (25 meters) of freestyle without stopping. Children must also be able to tread water in place and also float on their back comfortably for a minimum of 30 seconds. 3 practices a week are offered, with a minimum of 2 per week recommended.

Sunday 4:30 – 5:30pm

Tuesday 4:30 – 5:30pm

Thursday 4:30 – 5:30pm

Cost: \$355; or 4 payments of \$88.75

BRONZE (FORMERLY BEGINNER)

[02601-02]

Prerequisites: All swimmers must be able to complete 2 full lengths (50 meters) of freestyle, with rotary breathing, without stopping and 2 full lengths of legal backstroke without stopping. A basic understanding of breaststroke and butterfly is recommended. 4 practices a week are offered, a minimum of 2 is required.

Sunday 4:30 – 5:30pm

Tuesday 4:30 – 5:30pm

Thursday 4:30 – 5:30pm

Friday 4:30 – 5:30pm

Cost: \$402; or 4 payments of \$100.50

SILVER (FORMERLY INTERMEDIATE)

[02602-02]

Prerequisites: All Swimmers must be able to practice for 90 minutes and repeat sets of 50 meters of freestyle, backstroke, butterfly, breaststroke, and a 200 meter IM. A coach's recommendation is needed to move from Bronze to Silver group. 5 practices a week are offered a minimum of 3 is required. USA-Swimming membership included in team fee.

Sunday 3:00 - 4:30 pm

Monday 5:00 – 6:30pm

Wednesday 5:00 – 6:30pm

Thursday 5:30 – 6:30pm

Friday 5:00 – 6:30pm

Cost: \$510; or 4 payments of \$127.50

GOLD

[02602-01]

Prerequisites: All swimmers must be able to practice for 90 minutes and repeat sets of 100 meters of freestyle, backstroke, butterfly, and breaststroke. A coach's recommendation is needed to move from Silver into Gold group. 5 practices a week are offered, a minimum of 3 is required but 4 is strongly encouraged. USA-Swimming membership included in team fee.

Sunday 3:00 - 4:30 pm

Monday 5:00 - 6:30pm

Wednesday 5:00 - 6:30pm

Thursday 5:30 - 6:30pm

Friday 5:00 - 6:30pm

Cost: \$510; or 4 payments of \$127.50

ADVANCED

[02603-02]

Prerequisites: Participants must be able to practice for 2 hours and repeat sets of 200 meters of all strokes. Swimmers are expected to make a commitment to becoming a better swimmer by setting realistic goals with a group coach. Practices will continue to focus on technique and increasing endurance, while race strategy and strength training will be taught. A coach's recommendation is needed to move from Gold to Advanced group. USA-Swimming membership included in team fee. Swimmers are expected to make an effort to attend all practices.

Sunday 8:00 - 10:00 am

Monday 6:15 - 8:30 pm

Tuesday 6:30 - 8:30 pm

Wednesday 6:15 - 8:30 pm

Thursday 6:30 - 8:30 pm

Saturday 8:00 - 10:00 am

Cost: \$648; or 4 payments of \$162.00

HIGH SCHOOL WARM-UP (GRADES 9-12)

[02606-02]

September 23 - November 13

This program is available to high school swimmers who do not want to make a winter team commitment. Group is limited to space dependent upon the size of the team. Practices will focus on technique, increasing endurance, race strategy and strength training in preparation for the upcoming high school season.

Requirements:

- 20 full lengths (500 meters) of freestyle with rotary breathing
- 4 full lengths (100 meters) of backstroke, breaststroke, & butterfly
- 200 yard IM (50 meters of each stroke).

Sunday 8:00 - 10:00am

Tuesday 6:30 - 8:30pm

Thursday 6:30 - 8:30pm

Saturday 8:00 - 10:00am

Full Members: \$195; or 2 payments of \$97.50

Program Members: \$390; or 2 payments of \$195.00



NATIONAL

[02630-02]

National Group participants are those with aspirations of representing the club at YMCA National Swimming Championships and perhaps continuing on at the collegiate level. Participants make lifestyle decisions that will help them obtain their individual and team goals. Practices will consist of intense workouts geared toward increasing strength, endurance, technique, and race strategy. USA-Swimming membership included in team fee. Two morning practices per week are expected for high school swimmers, along with all afternoon practices. 75% of PM practice attendance is required for any individual to attend YMCA National Short Course Championships in Fort Lauderdale, FL. All swimmers will have a goal session with a National group coach. A coach's recommendation is needed to move from Advanced to National.

Sunday 8:00 - 10:00am

Monday 6:15 - 8:30pm

Tuesday 5:30 - 6:45am (starting 10/20/09)

Tuesday 6:30 - 8:30pm

Wednesday 6:15 - 8:30pm

Thursday 5:30 - 6:45am (starting 10/20/09)

Thursday 6:30 - 8:30pm

Saturday 7:30 - 10:00am

Cost: \$894; or 4 payments of \$223.50

START AND TURN PRACTICES

Starting the week of September 21st, one hour every Tuesday will be devoted strictly to the improvement of starts and turns. Group levels will alternate these practices on a weekly basis. Schedule to be released at the start of the season.

Tuesday 5:30 - 6:30pm

Cost: Included in team fee

MASTERS SWIMMING

For any and all swimmers and tri-athletes 19 years or older, who are interested in an organized, coached workout in the pool. Three lanes will be available during the designated practices times. Circle swimming may be required depending upon enrollment. Please contact our Competitive Aquatics Director, Adam Braun, at abraun@ymcade.org or 709-9622 Ext 1133, for more information and / or to be added to our master's swim team e-mail distribution list for workouts and upcoming meets.

Monday 5:45 - 7:00am

Wednesday 5:45 - 7:00am

Cost: Free; Full Members Only