



# SWIM TEAM

## Western Wahoos

2023-2024 Season | AQUATICS



Group	Ages	Monthly Fee	Season Dates	Number of Payments	Payment Dates
Academy A	5-8	\$115	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
Academy B	9-12	\$115	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
Bronze A and B	6-12	\$145	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
Silver	7-12	\$175	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
Gold	9-14	\$190	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
Platinum	11-18	\$210	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
JN Nat A	13-18	\$215	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
JN Nat B	13-18	\$245	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1
National	14-18	\$260	9/5/23-7/28/24	*11 Monthly Payments	10/1, 11/1, 12/1, 1/1, 2/1, 3/1, 4/1, 5/1, 6/1, 7/1

- **\*NEW for 2023-2024 we will offer an 11 month registration swim team, charged monthly. Any withdrawals for the following month MUST be submitted by the 15th of the month prior.**
- **Season starts September 5th, 2023. 1st month draft and \$50 registration fee are due at time of registration.**
- **All Swimmers are required to maintain a current membership with the YMCA of Delaware. \$35 monthly Youth Memberships available.**
- **Meet Entry Fees are not included in program fees and are collected separately. Meet fees will be billed the week of the swim meet.**
- **USA Swimming Memberships required for Silver groups and above. Registration will happen in September/October**
- **All billing changes and questions should be emailed to [SwimTeam@ymcade.org](mailto:SwimTeam@ymcade.org).**



Request Evaluation



Registration

# WESTERN PRACTICE SCHEDULES AND TRAINING LEVELS

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Hours
Academy A		5:30PM-6:45PM					8:00AM-9:15AM	2.5
Academy B	5:30PM-6:45PM					8:00-9:15AM		2.5
Bronze A		6:45PM-8:00PM	5:00PM-6:15PM			12:30PM-2:00PM		4.0
Bronze B	6:45PM-8:00PM			7:15pm-8:30PM		12:30PM-2:00PM		4.0
Silver	6:30PM-8:00PM		6:30PM-8:00PM		6:30PM-8:00PM	11:00AM-12:30PM		6
Gold		6:30PM-8:00PM		6:30PM-8:00PM	6:30-8:00PM	11:00AM-12:30PM	12:30PM-2:00PM	7.5
Platinum	6:45PM-7:45PM	6:30PM-8:00PM		6:30-8:00PM	5:00PM-6:30PM	9:00-11:00AM	11:00AM-1:00PM	9.5
Jnr National A	5:00PM-7:00PM	5:00-6:30PM	5:00PM-7:00PM	5:00-6:30PM		7:00-9:00AM	9:00-10:30AM	12
Jnr National B	7:00PM-8:30PM	7:00PM-8:30PM	7:00PM-8:30PM		5:00PM-6:30PM	9:00AM-11:00AM	10:30AM-12:30PM	10
National	5:00PM-7:00PM	5:00PM-7:00PM	5:00PM-7:00PM	5:00PM-7:00PM		7:00-9:00AM	9:00-11:00AM	13.5

## SWIM GROUP DESCRIPTIONS

**Academy | 5-12 years of age.** Our Academy emphasis is on developing the fundamentals of the strokes, starts and turns. Swimmers must be able to swim 25-yards of freestyle and one other competitive stroke, unassisted.

**Bronze | 6-12 years of age.** Our Bronze level is designed for 12 & under swimmers who have expressed interest in taking on a greater commitment to Swim Team. Sportsmanship & Conditioning are emphasized and goal setting is introduced. Swimmers must be able to swim 50-yards of freestyle. In addition, swimmers must be able to swim one other legal competitive legal stroke while being reasonable proficient with two other legal strokes.

**Silver | 7-12 years of age.** Our Silver level is designed for 12 & under swimmers who will be actively engaged in understanding all aspects of their training plans, including aerobic training, mental preparedness, and stroke refinement. Swimmers must be able to swim 100-yards of freestyle. In addition, swimmers must be able to swim three legal strokes while being reasonably proficient in the fourth legal stroke. Swimmers are expected to perform streamlines and flip turns consistently through practices and competitions.

**Gold | 9-14 years of age.** Our Gold level is designed for 9 & over swimmers whose primary focus is to refine stroke mechanics and promote competition readiness. Swimmers will have the opportunity to engage in volunteer projects and strengthen community connections. Swimmers must be able to swim a legal 100 IM and a continuous 200-yard freestyle with flip turns. Swimmers in this group are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program. Swimmers in this level will be expected to focus on instruction for 90-minutes.

**Platinum | 11-18 years of age.** Our Platinum level is designed for 11 & over swimmers who will focus on stroke technique refinement, while highlighting the importance of general body strengthening. Competition readiness, including nutritional tips to optimize athlete performance will be made available to our Platinum level swimmers. Swimmers must be able to swim a legal 200 IM and continuous 500-yard freestyle as well. Swimmers in this level are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program.

**Junior National | 13-18 years of age.** Invitation Group Only. Our Junior National level is designed for 13 & over swimmers who will focus on race strategy, training intensity, stroke mechanic refinement, and social responsibility. Athletes will participate in the Togetherhood project and involvement in the swim team peer-peer mentoring program is highly encouraged. Swimmers must be fully committed to their swimming journey and their engagement in the team's philosophy and beyond. Swimmers in this level are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program.

**National | 14-18 years of age. Invitation Only Group.** Our National level is designed for 14 & over swimmers who will create their own "Code of Conduct" and appropriate practice attendance requirements. National level swimmers will lead Togetherhood projects and direct involvement in the swim team peer-peer mentoring program is expected. Swimmers in this level have achieved 1 or more YMCA National cuts in the qualification period for the current season. Swimmers in this level are expected to demonstrate the ability to train at a consistent level, predetermined by the head coach of the program. \*Dry Land Training Hours included in the 13.5 hours per week