



## ***YMCA of Northern York 2009-2010 Registration Packet***

YMCA of Northern York  
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<http://nyac.wsyswim.org>  
**YMCA of Northern York Swimming**



## Description of Practice Levels 2009-2010



### Age Group A

This is NYAC's entry-level developmental group with a focus on fun and camaraderie through swimming. Emphasis is on basic stroke instruction and improving technique for freestyle and backstroke. Diving, butterfly, and breaststroke are also introduced in this level. Swimmers will compete in at least three (3) dual swim meets plus invitationals, with the potential to compete in end-of-year championship meets. **Prerequisite:** Ability to swim 25 yards freestyle and 25 yards backstroke.

### Age Group B

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 training up to 90 minutes per day and another 30 minutes of dryland training 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 approximately five dual swim meets plus invitationals, in addition to end-of-year championship meets

### Age Group C

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 30-60 minutes of dryland training with good listening skills. Practice discipline, further skill development, challenges, and training are the primary goals of this group. Swimmers will compete in approximately five dual swim meets plus invitationals, in addition to end-of-year championship meets

### Pre-Senior

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 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 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. 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. Participation in this group will require minimum practice time standards. Swimmers will compete in approximately five dual swim meets plus invitationals, in addition to expected attendance in YMCA Districts/States for those who qualify.

### Senior

This is our highest, and most demanding practice group for the swimmer that is willing to be committed at an "above average" level. This group is geared for the 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. 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 April and the High School State meet. Participation in YMCA District and State meet is expected. Participants in this group should have attained (or be within 3 percent) at minimum of the YMCA Long Course qualifying times.

*All group placement decisions are made by the Coaching Staff and maintain the best interest of the swimmer and their long-term development. Please keep in mind that each athlete is different and has different physical and emotional needs.*



## YMCA of Northern York Swimming General Practice Schedule 2009-2010

***Beginning Monday, September 21, 2009***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR</b>	4:30 -7:30p dryland(6:30-7:30)	4:30 – 6:30p	4:30 - 6:30p	4:30 – 7:30p dryland(6:30-7:30)	4:30 – 6:30p	10a -12p
<b>Pre-S</b>	6:00 – 8:30p dryland(6-6:30)	6:30 – 8:30p	6:30 – 8:30p	6:00 – 8:30p dryland(6-6:30)	Messiah College	8:30 -10a
<b>AG-A</b>	Off	5 – 6p	5 -6p	Off	5 -6p	Off
<b>AG-B</b>	6:30 – 8:30p dryland(6:30-7)	Off	7 – 8:30p	5:30 – 7:30p dryland(5:30-6)	6:30 – 8p	Off
<b>AG-C</b>	4:30 – 6:30p dryland(6-6:30)	7 – 8:30p	Off	4:30 – 6:30p dryland(6-6:30)	6 – 8p	11a – 12:30p

**Note:** When Northern High School varsity swim team has home meets, practice will be canceled for those evenings. We will modify the practice schedule on these evenings and make use of Messiah College where NYAC coaches will be on deck with NYAC swimmers.

### **NORTHERN YORK HIGH SCHOOL HOME SWIMMING MEET DATES:**

- 12-15-09      Dover
- 01-12-10     Shippensburg
- 01-26-10     Big Springs
- 02-02-10     James Buchanan
- 02-06-10     Polar Bear Plunge

**Holidays and Breaks:** NYAC practice times may be adjusted when school is closed in observance of a holiday or during holiday breaks. There will be NO practice on Thanksgiving Day, Christmas Day, and New Year's Day. Updated scheduling information will be posted on the web site and circulated through email and newsletter as these dates are scheduled.

