



2024 BFY Sharks Summer Swim Team

Information Packet

Mission Statement

We are a team promoting the YMCA core values through the challenge and discipline of competitive swimming.

We are a YMCA of the USA (Y-USA) Competitive Swimming Program, offering an all-inclusive competitive swim program with an emphasis on sportsmanship and the Y core values of caring, honesty, respect, and responsibility. We strive to give each swimmer the opportunity to enjoy personal success, both in and out of the pool. We expect our swimmers to improve as swimmers, build lifelong relationships, and develop the self-discipline that is integral to achievement at every level, in any walk of life.

Swim Team Program Goals

- To provide a healthy and caring learning environment that leads to the development in youth of strong character, self-confidence, and pride in knowing you have done your best, no matter the outcome.
- To build a strong sense of responsibility, work ethic, and self-discipline that will be supported through active encouragement by coaches.
- To develop team spirit and unity, including recognition of and by parents that their active support and personal investment in and for their swimmer is an immensely important part of a youth's success in any endeavor.
- To become better athletes and develop a lifelong love for the sport of swimming.
- To make new friends.
- Fun is **not** our mission. *Fun is what swimmers experience when we accomplish our mission.*

Swim Team Requirements:

- Must have completed Level 6 or equivalent group lessons
- Must be a facility member
- New swimmers who do not qualify at the first practice, May 13th *only*, will be given a credit for the full amount of the registration fee. No other refunds will be offered.
- Any swimmer who does not qualify will be advised on what group lesson level would be appropriate.

Important dates:

May 13th- New Swimmers Only!

May 14th- First practice for all swimmers.

May 20th- Parents Meeting in the Community Room @ 6:30pm.

- Meets/Invitational Schedule will be announced once The Western Pennsylvania Youth Swim League (WPYSL) releases the league schedule.

Pricing:

- Facility Members: \$205 Registration Fee.
- Registration cost includes team 'swag' item

How to register:

1. Online at ymcapgh.org
2. Stop by or call the Welcome Center

Outside of scheduled practice Commitment:

Dual Meet & Invitational schedules will be sent out once released by the WPYSL.

- Summer Swim Team Dual Meets are typically held in the evenings on weeknights.
- There will be no practice on nights the team is scheduled to have a meet.

WPYSL Dual Meets/Championships:

Swimmers are required to compete at BFY Sharks Dual/Quad meets within the WPYSL. There are approximately 4-6 per season.

- Summer league- typically weeknights
- Fall Winter season- typically saturday/sundays

A reminder that the BFY Sharks is a competitive swim team. Swimmers are expected to attend dual meets; these are the focus of our league, for which we ultimately structure our training. As a member of the BFY Sharks, swimmers are committing themselves to a team. A team cannot succeed without the commitment of the individuals.

Invitational Meets

The BFY Sharks Swim Team participates in a variety of invitationals throughout the year. We ask that swimmers attend a minimum of 1 or 2 invitationals per season. These meets are a lot of fun! Swimmers can choose their events and have fun with their team! A fee of \$4-6 dollars per event (or similar) may apply for these meets, all information regarding meet fees will be sent out prior to registration deadlines. Additional Fees may apply.

What if my swimmer does not qualify? Will I get a refund?

If your swimmer does not qualify for any of the practice groups, parents will be advised on what group lesson level would be appropriate. New swimmers who do not qualify on May 13th only, will receive a full credit or refund of the registration fee. **No other refunds will be offered.**

Swimmers under 12yrs old

Children under the age of 12 years old must have a parent or guardian in the building during practices. If you are unable to stay during practice time or are carpooling with another swimmer, Parents/Guardians can designate an alternate adult to stay during practice, you must fill out the required form and have the designated adult added to your facility membership account.

BFY SHARKS Practice Group Requirements

Bronze Level:

Practice Schedule: Mondays & Wednesdays 6:00-6:45 pm and Tuesdays & Thursdays 6:30-7:15 pm

Swimmer should be able to:

- Swim 25-50 continuous yards of Freestyle with rotary (side) breathing, continuous arm motion and continuous kick.
- Swim 25-50 continuous yards of Backstroke with continuous arm motion and continuous kick.
- Have previous knowledge of Breaststroke and Butterfly.
 - Swimmers should have completed group levels 1-6 or equivalent.
- Attempt a dive from the side of the pool or off the diving block.
- Pass an endurance set (Example: 4x25's freestyle with 1:00 minute break after each 25.)

Silver Level:

Practice Schedule: Mondays & Wednesdays 6:45-8:00 pm and Tuesdays & Thursdays 7:15-8:45

Swimmer should be able to:

- Swim 50-100 Freestyle with continuous arm motion, kicking and rotary (side) breathing.
- Swim 50-100 of the four competitive strokes continuously with appropriate turns and continuous arm and kicking motion.
- Dive from the starting block.
- Continuously perform flip turns - no open turns.
- Perform the appropriate streamline/turn for each stroke.
- *Butterfly* - Get their arms over the water and perform the butterfly kick.
- *Breaststroke* - Perform the breaststroke pull and kick.
- *Backstroke* - Swim on their back for the entire distance and perform a backstroke flip turn and appropriate finish.
- Pass an endurance set (Example: 4x50's freestyle and/or Backstroke with 1:00 minute break after each 50.)

Gold Level:

Practice Schedule: Mondays & Wednesdays 6:45-8:00 pm and Tuesdays & Thursdays 7:15-8:45

Swimmer should be able to:

- Swim 200-500 Freestyle (continuous) with continuous arm motion, kicking and rotary (side) breathing.
- Swim 400 IM (continuous) with appropriate turns and continuous arm and kicking motion.
- Dive from the starting block.
- Perform proper flip turns/pullouts for all four strokes (Freestyle, Backstroke, Breaststroke, Butterfly) and be completed during each practice.
- Pass an endurance set.
 - Example: 4x100's Freestyle and 4x100's choice with .30 second break after each 100.

Still not sure what practice group to sign up for?

Come 'try us out' on May 13th! That day is for new swimmers only, our BFY coaches will place your swimmer into the appropriate practice group.

