



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ankeny Aquahawks Summer Swim Team

Minimum Swimming Requirements:

To participate on the swim team, each swimmer must be able to meet the following minimum swim requirements with out stopping and unassisted (no touching the pool bottom, lane rope or wall):

For swimmers age 8 and younger:

- 25 yards of freestyle (with face in the water and side breathing)
- 25 yards of backstroke

For swimmers age 9-12:

- 50 yards of freestyle
- 50 yards of backstroke

25 yards = one
length of the pool

For swimmers age 13 and older:

- 100 yards of freestyle
- 100 yards of backstroke

Registration:

Registration for swim team must be done in-person at the **Ankeny YMCA front desk**. Once swim team is full we will no longer take registrations or registration will end on May 22.

Registration for RETURNING AQUAHAWK SWIMMERS will begin on **Friday, May 5**

NEW SWIMMER EVALUATION NIGHT & REGISTRATION: Wednesday, May 17 between 5:30-6:30pm

NEW swimmers interested in joining our swim team will need to attend the Evaluation Night and be ready to swim the requirements for their age group. Coaches will assess the swimmer to determine if they are ready for swim team and then decide on an appropriate practice group. Swimmers may come anytime between 5:30-6:30pm for evaluations in the pool. Once a coach has determined the swimmer is ready for swim team, then registration can be completed at the Ankeny Y front desk.

Fees:

Program Fee: NON-USA SWIMMERS: \$150 for Y Members OR \$190 for Non-Y Members

USA SWIMMERS: \$160 for Y Members OR \$200 for Non-Y Members

(payment made to YMCA—cash, check or credit/debit card)

Aquahawk Fee: \$10 per family

(separate payment made to: Ankeny Aquahawks – cash or check only)

Optional Fee: \$25 Aquahawk Yard Sign

\$25 donation for pool filtration system to improve air quality

(payment made to: Ankeny Aquahawks – cash or check only)

Additional Optional Fee's for swim suits, swim caps & goggles: If you would like to order a team swim cap, orders will be due MAY 19 online with Elsmore Swim Shop. Suits may be ordered at any time with Elsmore. Please visit our team website for more information.

BOTH of the Program Fee AND Aquahawk Fee AND registration form (filled out & signed) must be turned in to complete the registration process with the front desk. Registration forms will be available at the Ankeny Y front desk when registration begins. They will also be available on our team website at www.aquahawks.com if you would like to print, fill out & bring them in when registration begins.



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Practice Schedule:

NON-USA Swimmers: June 5– July 21 & USA Swimmers: June 5–July 26

Practice Groups	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Senior & Senior	6:45–9:00am (8:15–9am dryland)	6:45–9:00am (8:15–9am dryland)	6:45–9:00am (8:15–9am dryland)	6:45–9:00am (8:15–9am dryland)	6:45–9:00am (8:15–9am dryland)
Gold	9:50–11:00am	9:50–11:00am	9:50–11:00am	9:50–11:00am	9:50–11:00am
Silver	9:45–10:45am	9:45–10:45am	9:45–10:45am	9:45–10:45am	9:45–10:45am

Evening Practice (for those who absolutely cannot make morning practices only):

	Monday	Tuesday	Wednesday	Thursday	
Silver	6:30–7:30pm	5:30–6:30pm	6:30–7:30pm	5:30–6:30pm	
Gold	6:30–7:30pm	5:30–6:30pm	6:30–7:30pm	5:30–6:30pm	
Pre-Senior & Senior	6:45–8:45pm (6:45–7:15pm dryland)	6:30–7:45pm	7:30–9:00pm	5:45–7:45pm (5:45–6:15pm dryland)	

*No practices on July 4th

Practice Groups:

ALL Practice groups are based on skill level and not by age. Below is a GENERAL guideline on practice groups:

Senior: This is the highest competitive level practice group offered on our swim team.

Pre-Senior: Practice group for those who are committed to swimming and competing in high levels of competition. Swimmers are able to demonstrate the ability to handle an increased workload & reach the attendance expectation.

Gold: Practice group for those who are able to master all four competitive strokes and turns. This is a competitive training group aimed at continuing to develop strong technical stroke skills and endurance.

Silver: generally ages 11 & Under and NEW swimmers

Previous Aquahawk swimmers will practice in the same group as their previous swim team season. After the first week of practices, if coaches feel a swimmer needs to be moved to a different practice group then the swimmer will be notified.

New swimmers will be evaluated by coaches on New Swimmer Evaluation Night to determine which practice group they will attend.

Most new swimmers with no previous competitive swim team experience are placed in the Silver group.

YMCA Swim Meet Schedule:

Y Meet Dates:	Location:
Tues. June 13	Away@ Marshalltown Y
Tues. June 20	Away@ Walnut Creek Y
Tues. June 27	HOME@ Ankeny Y
Tues. July 4	NO MEET
Tues. July 11	Away @ Knoxville
Tues. July 18	HOME @ Ankeny Y
Sat. July 22	CONFERENCE at Marshalltown Y

USA Swim Meet Schedule:

USA Meet Dates:	Location:
May 19–21@Univ. of Iowa	Iowa City
June 9–11@Furman Aquatic Center	Ames
June 16–18 @Birdland Pool	Des Moines
June 23–25 @Mason City Pool	Mason City
July 7–9 @ Grinnell College	Grinnell
July 22–23 8&U Champs/ISI Regionals	Valley H.S.
July 27–30 ISI Champs @Univ. of Iowa	Iowa City

YMCA Swim Meets on Tuesday evenings typically begin at 6:00pm with warm-ups around 5:00pm for Home Meets and 5:30pm for Away Meets. Once we receive the meet information from the host team, then we will post it on our team website. Swimmers are encouraged to participate in as many swim meets as possible. You must be a registered USA swimmers as of April 17, to compete in USA swim meets.