



Swim Levels and evaluation sets

An Evaluation is needed for all levels.

Doylestown Location: Jessica Martin JMartin@ymcarivercrossing.org

Fairless Hills Location: Mei Brown MBrown@ymcarivercrossing.org

Quakertown Location: Sarah Siegel Ssiegel@ymcarivercrossing.org

ACADEMY | 6-12 YRS old as of December 1

Emphasis placed on developing stroke technique. Swimmers should be comfortable with all four strokes in 50 meters. Swimmers are introduced to longer events with emphasis being placed on preparation for YMCA and USA competition. Swimmers should consider attending a minimum of 3 dual YMCA meets and consider swimming USA meets.

Evaluation Set:

- 2x50 Freestyle on 1:40
- 2x50 Backstroke on 1:40
- Understanding of Breaststroke or Butterfly
- 3x50 SKOB on 2:00
- Dive from the wall

Junior 1 & 2 | 8-12 YRS old as of December 1

Swimmers should be prepared to make a commitment of 3-4 practices per week. In the early part of the season, much emphasis is placed on technique. As the season progresses, swimmers will be introduced to longer training sets. Swimmers are expected to attend YMCA dual meets and begin to consider attending USA Swim Meets.

Evaluation Set:

- 150 Free Warm-up
- 6x50 on 1:15
- 6x50 SKOB on 1:30
- 3x100 IM on 2:30 with legal strokes and walls
- 3x100 Free Build on the 1:50
- Dive from the starting blocks

Pre Senior | 11-14 YRS old as of December 1

Swimmers should be prepared to make a commitment of 4-5 practices per week. Athletes introduced to more advanced training methods and longer events. In the early season, much emphasis is placed on technique. As the season progresses, swimmers will be introduced to longer training sets. Swimmers are expected to attend 4 out of 6 dual meets and compete in USA meets / Long Course meets.

Evaluation Set:

- 200 Free warm up
- 8x50 on 1:00
- 6x50 SKOB on 1:05
- 2x200 IM on 3:30 with legal strokes and walls
- 4x100 Free Build on 1:40
- Dive from the starting blocks

Senior | 13-18 YRS old as of December 1

Swimmers who are dedicated to an intensive training program. Race strategy and training for a full range of sprint and distance events is offered. Emphasis on stroke technique early in the season with a shift to longer training as the group progression dictates in the second half of the season. Fine-tuning of all strokes, starts and turns emphasized. Swimmers are expected to attend 90% of practices offered as well as YMCA dual meets and compete in USA meets as well as Long Course meets.

Evaluation Set:

- 200 Free warm up
- 8x50 on :50
- 8x50 SKOB on 1:00
- 3x200 IM on 3:30 with legal strokes and walls
- 4x100 Free Build on 1:30
- Streamline underwater fly kick to the 15m mark