



# STROKE & CONDITIONING PROGRAM 2025-2026

## FREQUENTLY ASKED QUESTIONS

### WHAT IS THE STROKE & CONDITIONING PROGRAM?

#### OVERVIEW

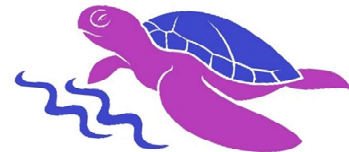
- The Kennett & Jennersville Area YMCA's Stroke & Conditioning Program is a swim team-based program that has the goal of preparing swimmers and their families to bridge them from non-competitive swimming into competitive swimming.
- It is also an outlet for those older swimmers who would like to work on their stroke technique and keep in shape over the fall and winter months.
- Participation in meets is not required, but competitive opportunities will be offered and encouraged for those who would like to try swim meets.
- Please note if our swim team groups are overcrowded, we may move swimmers from a team group into the Stroke/Conditioning so we can work on their stroke technique more.

#### COACHES

- This program will be run by the KJAY coaching staff, with help from Junior coaches who are also athletes on the KJAY Swim Team.

#### SESSION DATES

- There are four sessions for the Stroke & Conditioning Program:
  - September 7, 2025 through November 1, 2025
  - November 1, 2025 through December 23, 2025
  - January 3, 2026 through February 27, 2026
  - March 29, 2026 through May 23, 2026



#### REGISTRATION

- Registration will begin on August 25, 2025.
- Swimmers may sign up for all of the sessions after this date.
- Priority registration:
  - Swimmer's attending a placement before the start of Session 1 will be given priority registration for Sessions 2, 3 and 4. If these swimmers do not register by the dates listed below, those swimmers will forfeit their spot for that session to someone on the waiting list, if there is a waiting list.
    - Session 1: September 9<sup>th</sup>
    - Session 2: October 15<sup>th</sup>
    - Session 3: December 15<sup>th</sup>
    - Session 4: March 15<sup>th</sup>

#### AGE REQUIREMENTS

- The Stroke & Conditioning Program will be for swimmers ages 5-16. The swimmer's age is determined as of 12/1/25 (our league age cutoff date). The Exception is 5-year old's – they must be 5 the first day of their session's practice.

- We will be offering two groups:
  - 10 and under
  - 11 and over

## REQUIREMENTS TO SWIM IN THE STROKE & CONDITIONING PROGRAM

- Evaluations
  - All **NEW** swimmers are required to attend an evaluation with our Regional Director of Aquatics, Kelly Burk and Associate Head Coach, Jake McDermott and their staff.
  - Evaluations will be held at our pools on July 25<sup>th</sup>, August 7<sup>th</sup>, August 14<sup>th</sup>, and August 20<sup>th</sup> from 4:30–7:00pm.
  - If your swimmer swam somewhere else over the winter or summer of 2024 – please email Coach Kelly ([kburk@ymcagbw.org](mailto:kburk@ymcagbw.org)) the following: (1) swimmer's name (2) date of birth (3) team they swam on. Coach Kelly will then follow-up requesting times in certain events depending on their age and you may not have to bring your swimmer to an assessment.
  - Please sign up here for an assessment: <https://www.signupgenius.com/go/20F0C4FAAAF2EAB9-49363322-kjay#/> (you may have to cut and paste into a new web browser)
  - If a date at your “home branch” does not fit your schedule, you can have your swimmer assessed at the other branch. Please double check which branch you are signed up for and if it is the indoor or outdoor pool. At each assessment, we will ask where you would like your swimmer to practice.
  - If you cannot attend one of these nights, please contact Coach Kelly at [kburk@ymcagbw.org](mailto:kburk@ymcagbw.org) to schedule an evaluation. We will not do any evaluations before July 25<sup>th</sup>. All evaluations must take place before August 20<sup>th</sup> to guarantee a spot on the Winter Team, the Stroke & Conditioning Academy or a waiting list.
  - Please note, there is a chance that we may have to begin a waiting list after the first week of evaluations. We will still conduct evaluations after the first week but please be aware there is a chance we may have to place your swimmer on the wait list.
  - Swimmers will be evaluated on their abilities in order to determine whether they meet the requirements to be on the Team or in the Stroke and Conditioning Swim Academy.
  - All RETURNING swimmers (this includes past Winter & Summer swimmers) need to sign up on Go Motion to let the coaching staff know by August 19, 2024 if they are returning. Coach Kelly will have an event for each branch and you will choose which branch you would like as your “home branch”. After August 19<sup>th</sup>, your swimmer will not be guaranteed a spot on the team or in Stroke/Conditioning.
  - Practice groups will be emailed out by August 25, 2024.
- Swimming Requirements
  - Please keep in mind that this is a step above lessons but will be less vigorous than swim team.
  - Please see below for specific practice group requirements.
  - The coaching staff will have the final decision as to whether the swimmer has completed their lengths safely and legally.
  - **Please note that the green band test for the YMCA of the Greater Brandywine pools is NOT the same test for the Swim Team, Stroke & Conditioning Academy or Spring Clinic. Swimmers must be able to swim at minimum a 25 yard freestyle with rotary breathing, backstroke, breaststroke & butterfly. Please review below for a detailed description of the requirements for each group.**

## LEVELS/GROUPS FOR THE STROKE & CONDITIONING PROGRAM

### 10 & UNDER

- The 10 and under group is for swimmers aged 5–10. The swimmer's age is determined as of 12/1/24 (our league age cutoff date).
  - The Exception is 5-year olds – they must be 5 the first day of their session's practice.
- These swimmers have completed the lesson program but are not ready for a Swim Team group or do not want to compete.
- This group's focus is on refining all four competitive strokes to prepare them for a Swim Team group.
- Swimmers will have opportunities to swim in dual meets, mini-meets, and YMCA invitationals. These opportunities are optional and may have additional meet fees.
- The 10 & Under group will practice twice a week for *30 minutes with in-the-water instruction*.
- Swimmers should be able to:
  - Swim 25 yards (1 length) of freestyle without stopping with knowledge of rotary breathing.
    - Swimmers must swim freestyle with their face in the water.
  - Swim 25 yards (1 length) of backstroke.
  - Must be able to recognize, attempt and somewhat swim breaststroke and butterfly.

## 11 & OVERS

- The 11 and over group is for swimmers aged 11–16. Age is as of 12/1/24.
- These swimmers have completed the lesson program but are not ready for competition.
- These swimmers could be older swimmers who would like an outlet to work on their stroke technique, prepare for the High School swim season or keep in shape over the winter.
- This group's focus is on polishing their four competitive strokes and to build up their endurance.
- Swimmers will have opportunities to swim in dual meets and YMCA invitationals. These opportunities are optional and may have additional meet fees.
- The 11 & Over group will practice three times a week for *1 hour*.
- Swimmers should be able to:
  - Swim 50 yards (2 lengths) of freestyle and backstroke.
  - Swim 25 yards (1 length) of breaststroke and butterfly (it does not have to be legal, but an attempt must be made.)
  - Some knowledge of flip turns

## PRACTICES & COMPETITION

### WHEN ARE PRACTICES?

- Please go here for the
  - [KAY Stroke/Conditioning Practice Schedule](#)
  - [JY Stroke/Conditioning Practice Schedule](#)

### PRACTICE REQUIREMENTS

- For daily practices, each swimmer must have:
  - Practice Suit (preferably one that has secure straps or ties) – Swimmers may not wear a bikini.
  - Swim Cap
    - Caps are required for all swimmers whose hair can get into their eyes or stuck in the lane lines.
  - Swim Goggles
    - Goggles are required, as it is near impossible to perfect head and body position without goggles on.

### PRACTICE ARRIVAL/LEAVING EARLY

- Arrival
  - Swimmers in Stroke/Conditioning who are more than 10 minutes late (in the water) for their practice will be turned away from practice.
  - Late swimmers interrupt the flow of practice. Many times, lane assignments are given prior to the start of practice and must be reassigned for late arrivals.
- Leaving Early
  - Swimmers who need to leave more than 10 minutes early for their practice are asked NOT to attend practice.
  - Swimmers leaving early distract others in their practice.
  - Swimmers must tell their coach at the beginning of practice if they need to leave early.
  - If swimmers tell a coach that they need to leave practice too early for their practice group, they will be turned away from practice.

### DOES MY SWIMMER HAVE TO COMPETE AT MEETS IN STROKE & CONDITIONING?

- No, participation in meets is not required, but competitive opportunities will be offered and encouraged for those who would like to try swim meets.
- There will be a non-refundable registration fee for swimmers competing this year to help offset the costs of swim caps, t-shirts, and the banquet. The fee for one swimmer is \$100, two swimmers is \$150 and for three or more swimmers it is \$175, you can combine the number of swimmers in both the Stroke & Conditioning Program and Swim Team if siblings are on both teams.
- In order to compete in those swim meets, in addition to the non-refundable fee, your swimmers **MUST** also be registered and practicing for the sessions of the meets (Session 1, Session 2 or Session 3). If they are not registered or practicing in the Session where a meet is, they cannot compete.

## IS MY SWIMMER READY FOR COMPETITION?

- Being ready for competition is a very individual preference. Some swimmers are more competitive by nature and will be ready very quickly, while others are more apprehensive about the pressure of performing in a large meet.
- The number one concern of course, is that the child is physically strong enough and can perform the competitive strokes legally.
- Don't be too concerned if your child is not ready right away, they will let you know when it's time. If you are still unsure, please speak with Coach Jake or Coach Kelly.

## PROGRAM FEES

### ALL FOUR SESSIONS OF STROKE & CONDITIONING + SUMMER SWIM TEAM

- This payment option is for those swimmers who will swim with the programs four (4) sessions that run September through May plus our summer swim team that runs to mid-July.
- Your swimmer will be guaranteed a spot in all four (4) sessions if you choose this option + a spot on our summer swim team.
- You must choose and pay for this option before September 9, 2025.
- Swimmers with a family membership will receive a discounted rate.
- There is a 5% discount for siblings paying this option IF you have other swimmers registered in one of the following programs: ALL FOUR SESSIONS OR ALL FOUR SESSIONS + SUMMER SWIM TEAM, Year Round Competition Academy or Winter Swim Team. The highest-level swimmer will be paid at full price and then each additional swimmer will receive a 5% discount.
- There is a payment option over 8 months for this option.

### ALL FOUR SESSIONS OF STROKE & CONDITIONING

- This payment option is for those swimmers who will swim with the program's four (4) sessions that run September through May.
- Your swimmer will be guaranteed a spot in all four (4) sessions if you choose this option.
- **Please note that this does NOT include our Summer Swim Team. If your swimmer chooses to swim on our summer swim team it will be an additional fee.**
- You must choose and pay for this option before September 9, 2025. Swimmers with a family membership will receive a discounted rate.
- There is a 5% discount for siblings paying this option IF you have other swimmers registered in one of the following programs: ALL FOUR SESSIONS OR ALL FOUR SESSIONS + SUMMER SWIM TEAM, Year Round Competition Academy or Winter Swim Team. The highest-level swimmer will be paid at full price and then each additional swimmer will receive a 5% discount.
- There is a payment option over 4 months for this option.

### SESSION BY SESSION

- This payment option is for those who would like to choose which sessions their swimmers practice in.
- There is no sibling discount for this option OR payment plan option.
- This option must be paid in full at time of registration.
- Swimmers with a family membership will receive a discounted rate.

## EXTRA INFORMATION

### HOW CAN WE FIND OUT THE LATEST NEWS ABOUT THE SWIM TEAM?

- Please make sure you check your Email and Go Motion for the Stroke & Conditioning Program information.

### TEAM CALENDAR

- A tentative schedule will be posted to Go Motion once we have it.
- You can locate Meets, Social Events, Suit Try-ons under the events tab on Go Motion.
- Usually in the Weekly Email – Coach Kelly or Coach Jake will let everyone know what is happening that week.

### END OF SEASON BANQUET

- Swimmers must compete in two meets to attend the banquet and earn a team gift.
- More information will be posted under the Events tab of Go Motion.

## DO WE HAVE TEAM GEAR?

**YES! AT THE BEGINNING OF EACH SEASON SWIMMERS WILL RECEIVE A T-SHIRT AND LATEX CAP AS PART OF THEIR NON-REFUNDABLE REGISTRATION FEE.**

- Additional latex caps and t-shirts can be purchased at an additional cost.
- Plain silicone caps can also be purchased at an additional cost.
- Parents will also be given the opportunity to purchase our team t-shirts.

## PERSONALIZED CAPS

- In September, there will be an event to purchase personalized latex and silicone caps with their swimmer's last name on them. These are completely optional.

## TEAM SUITS

- Team suits are mandatory for the winter season if your swimmer is competing. Information regarding the suit name and color will be posted here once they are chosen: [Kennett & Jennersville Area YMCAs - Team Gear \(gomotionapp.com\)](#) Please note they will be different from the Winter 2025-2026 & Summer 2026 team suits.
- Please note that racing suits should be tight on your swimmer. Try not to purchase one that is baggy, it will fill up with water and make their racing more difficult.

