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## LIONVILLE YMCA LOCATION – PRACTICE INFORMATION

The Brandywine Coatesville & Lionville YMCAs (BCLY) Swim Team provide an opportunity for children to enjoy competitive swimming in a safe, fun, and friendly atmosphere. The Orcas have two locations: one is at 295 Hurley Road, Coatesville and the other is 100 Devon Drive, Exton.

The Orcas Swim Team competes in dual meets against other YMCAs. We are also registered as a USA Swimming swim team. The season begins on September 5, 2023 and runs through February 17, 2023. The Winter Season is 24 weeks for all groups except the Senior Group. The Senior Group pricing is based on 26 weeks. Purple, Arctic & Blue swimmers who qualify for YMCA Districts, States or Nationals will continue through to those meets.

**Registration will take place beginning on August 28<sup>th</sup>.**

### Swim Evaluations for NEW Swimmers

All NEW swimmers are required to attend a placement with our Regional Director of Competitive Aquatics, Kelly Burk, Head Coach, Bryn Ammon and her staff. Placements will be held at the Brandywine Indoor Pool on August 2<sup>nd</sup> from 5:30–7:00pm and the Brandywine Outdoor Pool on August 16<sup>th</sup> from 5:30–7:00pm and the Lionville Indoor Pool on August 10<sup>th</sup> from 4:30–8:00pm. If you cannot attend one of these nights, please contact Coach Kelly at [kburk@ymcagbw.org](mailto:kburk@ymcagbw.org) or Coach Bryn at [aammon@ymcagbw.org](mailto:aammon@ymcagbw.org) to schedule an evaluation. We will not do any evaluation before August 1<sup>st</sup> or after August 22<sup>nd</sup>. Swimmers can come to either location for an evaluation. You will be asked at the evaluation, where your swimmer would like to practice at. All evaluations need an appointment through this sign-up genius:

<https://www.signupgenius.com/qo/20f0c4faaf2eab9-bcly#/>



**All swimmers will be evaluated on their abilities in order to determine whether they meet the requirements to be on our Winter Team. Swimmers will be assessed on their abilities in order to be placed in the proper practice group whether it be a swim team or stroke/conditioning group. Practice groups will be emailed out by August 27<sup>th</sup>.**

### DESCRIPTION OF PRACTICE GROUPS:

Our program offers weekly practices. The main focus of regular practice is stroke development, speed and endurance training. Each practice group balances these factors to maximize the development of each swimmer as appropriate for his or her level of experience and commitment. This season – each group with practice jointly with their branch group counterpart. This practice will be noted on the schedule.

The BCLY Orcas offer several practice groups for swimmers to gain the maximum benefit from each practice session. Practice groups are based on both age and ability; however, in response to the varying ability and experience of our swimmers some swimmers may practice outside of the typical age groupings listed below.

**Please note: the groups are just a guide prior to assessments, we may have to move swimmers around based on the current demographic of the team.**

Please note the Stroke & Conditioning and Winter Team swim test is more difficult than our Summer Swim Team test and the YMCA of the Greater Brandywine green band test. The Winter Swim Team is also more strenuous and time consuming than our Stroke & Conditioning program and Summer Swim Team.

**YMCA OF THE GREATER BRANDYWINE**

**Financial Assistance Available**

**BRANDYWINE BRANCH** 295 Hurley Road, Coatesville, PA 19320 • 610-380-9622 [www.ymcagbw.org](http://www.ymcagbw.org)

**LIONVILLE BRANCH** 100 Devon Drive, Exton, PA 19341 • 610-363-9622



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# SILVER ORCAS

The SILVER group is for swimmers age 7-10 who have limited experience in competitive swimming and are interested in having fun learning competitive swimming skills. This group's focus is on learning all four competitive strokes. Swimmers will have opportunities to swim in dual meets and invitationals. The Silver Group's will practice 2.75 hours a week with in the water instruction. It is recommended that the Silver swimmers attend 2 of the 3 practices a week.

Swimmers should be able to:

- Swim 50 yards (2 lengths) of freestyle (with rotary breathing) without stopping with their face in the water safely
- Swim 50 yard (2 lengths) of backstroke
- Must attempt a length of breaststroke and butterfly. The swimmer must know what breaststroke and butterfly are when asked. It does not need to be legal but the swimmer must have knowledge of both strokes when asked to swim a length of each and it must look almost like both strokes.
- All swimmers will be expected to attempt to dive from the starting blocks during practices and meets.

**Fall/Winter Fees: \$COMING SOON ~ Year Round Fees: \$COMING SOON**



## LIONVILLE BRANCH - SILVER PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:15pm JOINT @ LCY	6:00-7:00pm	OFF	OFF	5:45-6:15pm	OFF	OFF

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## AGE GROUP ORCAS

### PURPLE GROUP



The **PURPLE** group is for swimmers ages 9-12 who typically have some competitive swimming experience and are interested in continuing to develop proper stroke technique for all four competitive strokes. Instruction and training focus on continuing to refine strokes, and build endurance in freestyle, backstroke, breaststroke and butterfly. The **PURPLE** group practice 3.25 hours a week. It is recommended that the Purple Orcas attend 2 of the 3 days a week.

Swimmers should be able to:

- swim 100-200 yards of freestyle with rotary breathing in good form (face in water)
- swim 50-100 yards of backstroke in good form
- swim 25 yards of butterfly and breaststroke.
- must be able to dive off of the starting block
- must be able to do flip turns

*PURPLE is designated for those swimmers who have some competitive swimming experience and are proficient in all 4 competitive strokes. These swimmers are within 2% of the Charlie Hartley qualifying times.*

**Fall/Winter Fees: \$COMING SOON ~ Year Round Fees: \$COMING SOON**



### LIONVILLE BRANCH - PURPLE PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	OFF	5:15-6:15pm	6:00-7:00pm	OFF	OFF	8:30-9:45am JOINT @ LCY

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## ARCTIC GROUP



The ARCTIC group is designed for the young swimming enthusiast ages 10-14 that have competitive swimming experience. These swimmers are interested in refining stroke technique, building endurance in freestyle, backstroke, breaststroke and butterfly and learning basic racing skills. Practice consists primarily of stroke drills and increasing endurance as swimmers work toward swimming 4+ continuous lengths (100 yards). *These swimmers practice 4.5 hours a week.* It is recommended that the ARCTIC swimmers attend 2 of the 3 practices a week.

### Swimmers should be able to:

- swim 200 yards of freestyle with rotary breathing in good form;
- swim 100 yards of backstroke in good form
- swim 50 yards of rudimentary breaststroke and butterfly
- demonstrate proper racing starts & flip turns

*ARCTIC is designated for those swimmers who have several years of competitive experience and are proficient in all 4 competitive strokes. These swimmers are within 2% of the Charlie Hartley qualifying times or have qualified for Districts. These swimmers will be required to get equipment: short fins, Finis agility paddles and an equipment bag.*

**Fall/Winter Fees: \$COMING SOON ~ Year Round Fees: \$COMING SOON**



### LIONVILLE BRANCH - ARCTIC PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:15-3:00pm JOINT @ LCY	7:00-8:15pm	OFF	7:00-8:30pm	OFF	OFF	OFF

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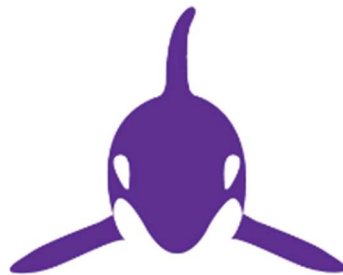


## BLUE GROUP



The BLUE group is for swimmers who are ages 12-16 and have previous competitive experience. The BLUE group will focus on refining stroke technique while increasing endurance and speed. Practices will be less focused on direct stroke instruction and more intense to prepare swimmers for higher levels of competition. This group will also focus on racing technique and strategy. Dryland training will be introduced in this level. It is highly encouraged for those that have the goal of qualifying for YMCA District and States sign up for dryland. The Blue group will have 6.75 hours of swim practice time a week with the option of Dryland. *These swimmers will be required to get equipment: snorkel, short fins, Finis agility paddles and an equipment bag.* Dryland (optional with an additional cost) will also be utilized to help build strength.

**Fall/Winter Fees: \$COMING SOON ~ Year Round Fees: \$COMING SOON**



### LIONVILLE BRANCH - BLUE PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00-5:00pm JOINT @ LCY	4:45-6:00pm	6:15-8:00pm	OFF	6:15-8:00pm	OFF	OFF





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## SENIOR ORCAS

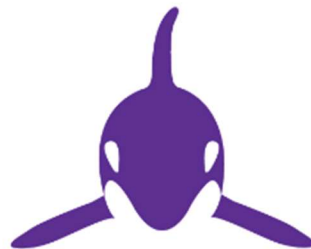
PLEASE NOTE THAT THE SENIOR GROUP WILL BE PRACTICING AT BCY DURING THE WEEK AND AT LCY ON SUNDAYS.

This group is for swimmers who inspire to swim at a higher level and represent our YMCA in district, state and national competitions, ages 13-19. Stroke mechanics, conditioning, and goal setting are emphasized. Attendance will be taken for the Senior group. Swimmers should be attending 4 of the 5 practices each week.

Swimmers in the Senior groups are ages 13 and older and are capable of competing at the YMCA District, State and National level. Serious commitment is expected in terms of attendance and practice intensity. Dryland is encouraged. *Swimmers are also required to purchase additional training equipment: short fins, FINIS agility paddles, snorkel and equipment bag.* The Senior Groups emphasis is on refining stroke technique, perfecting race strategy, and improving speed and endurance with the ultimate goal of qualifying for YMCA States and Nationals, as well as, higher level USA meets.

- *Designated for those swimmers who have several years of competitive experience and are proficient in all 4 competitive strokes.*
- *This group practices 9.5 hours a week.*
- These swimmers have qualified for Charlie Hartley and Districts.

**Fall/Winter Fees: \$COMING SOON ~ Year Round Fees: \$COMING SOON**



### BRANDYWINE COATESVILLE & LIONVILLE BRANCHES – SENIOR PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-10:00am @ LCY	4:15-6:15pm @ BCY	OFF	4:15-6:15pm @ BCY	6:30-8:30pm @ BCY	4:15-5:45pm @ BCY	OFF

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