



NEWS LETTER

JANUARY 2026



Happy New Year! 2026

Our coaches and admin want to wish all LHY Swim Team members a **Happy and Healthy New Year!** We look forward to the rest of the season and the goals your kids have set out to accomplish!

Silvers is coming up!

This is our biggest fundraiser of the year! A friendly reminder that ALL 9 and over families are **required** to volunteer throughout the weekend. Please see the **Parent's Corner** for more info!

Nutritional Presentations



The rest of the Nutritional Presentations will take place later this month on **Saturday, January 31st** for our Age Group swimmers at the following times:

- AG1: 9:50-10:10am
- AG2: 9:25-9:45am
- AG3: 10:50-11:10am
- AG4: 10:15-10:35am

January Events

- **SCAR Winterfest (12&Unders):** Jan 3-4th
- **JAC Block Party (8&Unders):** Jan 9th
- **Boys Green Dual Meet (AWAY @ GSCY):** Jan 10th
- **Girls Green Dual Meet (AWAY @ WMY):** Jan 10th
- **Girls Blue Dual Meet (AWAY @ SCY):** Jan 17th
- **Boys Blue Dual Meet (HOME):** Jan 18th
- **GSCY Last Chance Meet (12&Unders):** Jan 25th
- **SAY Deep Freeze (13&Overs):** Jan 30th – Feb 1st

What's Included in this Edition:

- **Parent's Corner: Silvers**
- **Championships Info and Qualifying Criteria**
- **Roadmap to the end of the Season**
- **Meet Recaps**
 - Candy Cane Classic
 - SJAC – 9/12s
 - SJAC – 13&Overs
 - Speedo Juniors
- **Qualifiers for Nationals and Zones**
- **You Asked, We Answered**

PARENT'S CORNER

Silvers is Coming Up

Silvers Championships will take place on **Friday February 13th through Sunday, February 15th, 2026**. Silvers is the **largest swim meet in the state of New Jersey**, and hosting it requires a tremendous team effort!

As a reminder, **all swim families with swimmers 9 and up are required to volunteer**, regardless of if your child has qualified to compete or not. Please review the expectations below carefully:

Volunteer Requirements:

- Families **WITHOUT** swimmer participated in Silvers must volunteer for **one session**.
- Families **WITH** a swimmer participating in Silvers are required to volunteer for **every session in which their swimmer is competing**.
- Volunteer shifts **do NOT end when your swimmer finishes their events**; they conclude at the **scheduled end of the session**.

If you have not yet fulfilled your regular-season volunteer requirement, you may sign up for **additional ("extra") Silvers sessions** to count toward that obligation.

Any sessions volunteered **beyond your family's Silvers requirement** may be applied toward your **regular-season volunteer points**. Please be sure to indicate any "extra" sessions when signing up.

The Silvers job sign-up will be available within the next two weeks.

We truly appreciate the time and energy our families contribute to this event. Silvers is our **largest fundraiser**, and it directly supports the experience we provide our swimmers.

This year alone, funds raised have allowed us to:

- Purchase **new dryland and in-water equipment**
- Invest in an **underwater camera** to enhance stroke analysis and coaching feedback
- Provide **Mental Dryland** and **Nutritionist presentations**
- Support team-building events such as the **Blue Green White Picnic, Trunk or Treat**, and portions of our **holiday celebrations**.

Thank you again for supporting this major endeavor. We look forward to working together to host an outstanding championship and to seeing everyone poolside as we take on the biggest meet in the state!

YMCA CHAMPIONSHIPS

Championship Meets

There are 3 different YMCA Championship meets that swimmers can qualify for, which include **Bronze**, **Silvers**, and **States**. Our 13&Over Swimmers will participate in **Nationals**. There are other Championship meets we also attend that are outside of the YMCA organization, including State Junior Cup and Zones.

Qualifying Times

In order for your swimmer to qualify for any of the Championship meets, they need to have achieved a qualifying time. These times are created and distributed by NJ YMCA Swimming and are [linked here](#). Your swimmer also should have received a bag tag with qualifying times for their age group.

5 is the Magic Number - How Many Cuts Do I Need?

In order to "qualify out" of a meet, your swimmer must have **5 qualifying times** for the next fastest meet. *For example, if your child has 5 Silver times, they would qualify out of Bronze. If they only have 4 Silvers times, then they would attend both Bronze and Silvers.*

Other Qualifying Criteria (from 2025 Championships)

YMCA of the USA Rules For Eligibility shall apply:

- The swimmer must have been a member of his/her YMCA in good standing for at least 90 days prior to the date of the championship and entitled to full privilege membership activities.
- The swimmer must be an amateur and must not have represented another YMCA or another swimming organization in open or closed competition 90 days prior to February 7, 2025. A swimmer may represent their high school in high school competition. The swimmer must have represented his/her YMCA in closed competition on **at least three occasions on separate days** during the four (4) month period prior to Friday, February 7, 2025.
- Any swimmer who has five (5) or more qualifying times for the NJ YMCA Silver and/or NJ YMCA State Championship meets is NOT ELIGIBLE to compete at the NJ YMCA Bronze Championship in any event.
- If a swimmer has fewer than 5 Y Silver and/or 5 Y State times, then the swimmer may enter Y Bronze in events that they qualify for.
- Age for this meet is calculated as of: **December 1st, 2025**

ROADMAP

to the end of the season

Age Group (9-12s)

After our dual meets this month, there is one more **invitational**, then **Championships**, and then **Zones**!

Last Chance Meet
@ Somerset Hills YMCA
Jan 25th

SAY Deep Freeze @ SAY
Jan 30st - Feb 1st



Seniors (13&Over)

After our dual meets this month, there is one more **invitational**, then **Championships**, and then **Nationals**!

Y 12&U State Champs
@ OCY
Feb 20-22nd

Y Silvers Champs
@ JAC
Feb 13-15th

Y 13&O State Champs
@ OCY
Feb 20-22nd

Y Bronze Champs
@ JAC
Feb 6-8th



2026 Rebel Garden State Junior Cup
@ JAC
March 6-8th

2026 Eastern Zone Age Group Champs
@ Buffalo, NY
April 1-4th

2026 YMCA Short Course Nationals
@ Greensboro, NC
Mar 30th - Apr 3rd

8&Unders

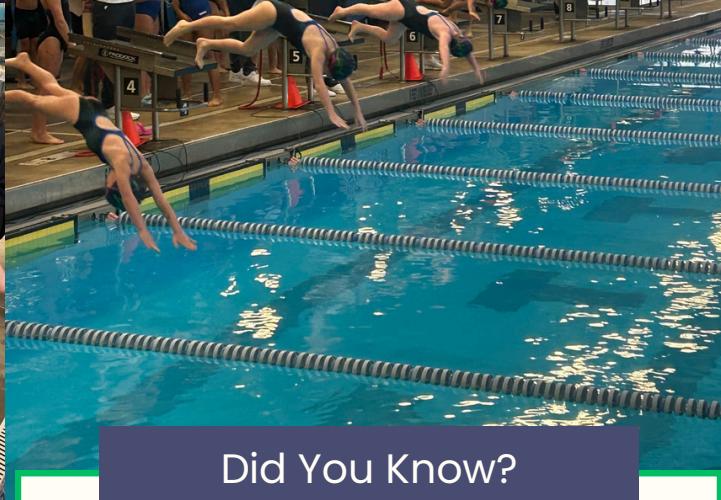
After our dual meets this month, there are only **2 meets left** of the short course season!

8&Under Championships
@ OCY
Feb 1st

Mini Pentathlon
@ SAY
March 1st

End of the Short Course Season!

CANDY CANE CLASSIC



Did You Know?

While our coaches and admin do their best to get photos, most submissions come from our parents.

[Upload HERE](#)

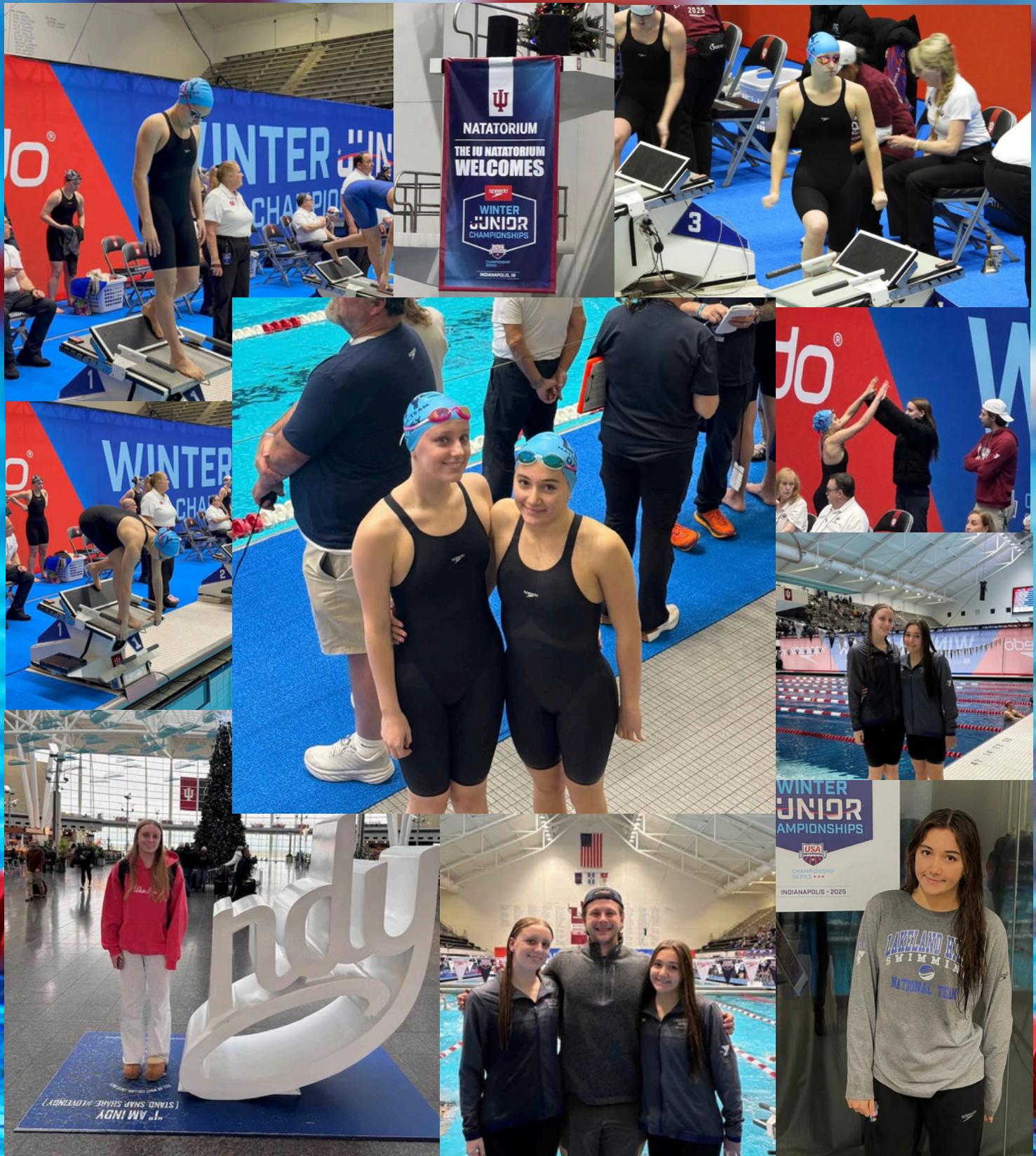
SJAC - 9/12s



SJAC - 13&OVERS



SPEEDO JUNIORS



Qualifiers for NATIONALS

Lulu Barnard
Blake Bauer
Dalton Brooks
Michael Bunzendahl
Alexia Davies
Serena Dickey
Hunter Gallo
Parker Gentile
Justin Godoy
Max Hann
Madison Kehoe
Charly Macaranas

Maya Marek
Kylie Papendick
Mariah Quad
Charlotte Roeland
Anderson Ruhnke
Vicky Sluk
Sofia Suarez Escobar
Nicholas Tecchio
Jessica Tsang
Sarah Tsang
Michael Xu
Stefan Yousuf

ZONES

Denis Avdeev
Nolan Backus
Brooke Bauer
Adelyn Bennington
Robert Borno
Nathaniel Devine

Ivy Jia
Aiden Li
Leo Logunovskiy
Kabir Patel
Hudson Piwowarski
Bryn Stitzel
Matthew Zoltek

YOU ASKED ??? WE ANSWERED

“

When do we find out what our child qualifies for for Championships?

”

Throughout the season, you can check your child's **Best Times** on the Sports Engine app and compare them to the [2025-26 Qualifying Times found here](#). Whatever events they have qualified for, they will be swimming at the expected Championship meets, as long as it does not exceed the maximum number of individual events. As we get closer to Championships and we receive meet files, coaches will begin to enter events into Sports Engine for swimmers to see.

“

If my swimmers birthday is on the first day of the meet, what age is the swimmer considered, and are there any exceptions for those who age up very close to the start of the meet for the timing standards?

”

“

“Once the short course season ends, what options does my 12&U swimmer have in the spring and summer?”

”

In the past, the Long Course season includes the spring and summer. We run an 8-week Spring program where swimmers are in the water 3-4 days a week between Monday and Thursday, and groups are broken out into ages. In the summer, our 8&Us swim at LHY and the 9-12yos swim at Burnham Park outdoors Monday through Friday. The spring session leads right into the summer session and meets occur throughout the season on the weekends. More information will come out around April for registration.

For YMCA Swimming sanctioned meets, the birthday cut-off is December 1st, so however old your child is on December 1st of the current season will be considered their age for the entire season. For example, during the 2025-26 Short Course season, if your child starts the season as a 10 year old and their birthday is December 2nd, meaning they would have turned 11 in the middle of the season, they are still considered a 10yo for the entire season.

For USA Swimming sanctioned meets, the date of their age on the first day of the meet will determine the age group for that competition. This year this impacts the 2026 Rebel Garden State Junior Cup Meet and 2026 Short Course Eastern Zone Age Group Championships, as well as some of the USA invitationals we have previously attended. This year, Zones is from April 1-4th, 2026. If your child is 10 years old and turns 11 on April 1st, they are considered an 11yo for the meet. If their birthday is on April 2nd, they would be considered 10yo for the meet since that was their age at the start of the meet. Unfortunately, there are no exceptions.

If you have any questions that you would like our coaches to answer, please [submit your questions here](#).