

Y SWIM! Swimming is FUN!!!

Health: the best low-impact general conditioning available, swimming also increases motor skills and coordination.

Safety: develop skills & confidence for any aquatic activity at the beach, lake, or summer pool.

Lifelong friendships in a healthy, co-educational atmosphere.

Participation: everyone gets to play – there are no second stringers, no benchwarmers.

Self-confidence: as swimmers eagerly accept challenges, and set & reach goals.

Opportunity: swimming champions come in all shapes and sizes: kids don't need to be big to succeed.

A lifetime sport: participants aged one to one hundred.

Qualities of character: that lead to athletic & academic success:

- Perseverance
- Self-discipline
- Goal Setting
- Time management
- Teamwork
- Determination
- Cooperation
- Dedication
- Responsibility
- High expectations



COACHING STAFF

Ed Bachman has been swimming for more than 50 years as a swimmer and a coach.

Ed rejoined the Anderson Barracudas in 2015, after spending twelve years owning and coaching his club team, Kingfish Aquatic Club, as well as Gamble Nippert YMCA before that.

Under his coaching, his swimmers have accomplished the following; more than 80 High School All-Americans, over 20 Ohio and Kentucky High School State Champions including 5 High School State Record Holders and one Swimming World "National Swimmer of the Year."

In addition to coaching swimmers from the entry-level to the highest levels in the sport, Ed himself is a nationally recognized coach. Under his leadership, his ABLY teams have accomplished six consecutive National titles, Seven-time YMCA National Champions short course, and long course seasons. Anderson Barracudas was a Gold Medal club – Top 16 of all USA clubs in the country and the only YMCA team that year with Gold Medal status. Under Ed's leadership, ABLY was the first YMCA team to win the Summer Nationals boys title, girls title, and combined team title.

Ed has been named the Ohio High School State Coach of the Year, Ohio High School District Coach of the year twelve times and Elected to Hall of Fame by Ohio High School Coaches Assoc. Ed has been a National YMCA Coach of the Year, a three-time recipient of the USA Swimming Performance Award. Ed also served on the Olympic Training Center coaching staff on two separate occasions

Lead Senior Coach **Ed Bachman** along with Coaches **CJ Rushman, Jon Ko, Betsy Dulle, Elizabeth Williams, Brittany Sutphin, Bekah Ko, Sami Lingo, Kendra Farnham** and **Sandy Hurrt** provide invaluable support in working with swimmers individually or in groups.



YEAR ROUND COMPETITIVE USA AND Y SWIM PROGRAM

M.E. Lyons YMCA
Anderson Barracudas

Cincinnati, Ohio

Aiming for the Stars!
ME Lyons YMCA/Anderson Barracudas aims to provide and inspire the very best opportunities for learning, nurturing, and training for the novice to highly competitive athlete by emphasizing individual progress, team unity, and family participation. We provide an environment of growth, by building a healthy spirit, mind, and body through Christian principles and the YMCA core values of Caring, Honesty, Respect and Responsibility.

www.ablyswim.org

PROGRAM FEATURES

The M.E. Lyons YMCA/Anderson Barracuda swim team offers both an entry level and advanced Competitive, and Masters swim team as well as High School Prep.

We also have programming at Campbell County YMCA for swimmers age 6-12.

The M.E. Lyons/Anderson Barracuda swim team offers USA and YMCA swimming both regionally and nationally.

All Teams and locations emphasize the following values:

TECHNICAL: learning good technique, efficiency, and beauty in the water.

PHYSICAL: developing speed and endurance through training in all four strokes in an individual medley and endurancebased program.

COGNITIVE: learning about swimming, the rationale for stroke technique, training, diet and nutrition, etc.

PSYCHOLOGICAL: learning and practicing the attitudes of a champion; goal-setting; and maintaining poise under pressure.

SOCIOLOGICAL: team building and relationships.



TRAINING SCHEDULE

National Senior 15 & up Group practices 6 days a week with 12 hours in the pool and 1 ½ hours of dryland.

Senior 2 and Pre Senior 13- 18 Age Groups practices 6 days a week with 9 hours in the pool and 1 ½ hours of dryland.

Silver 11/12 Age Group practices 6 days a week for 1 ½ hours of practice time each day.

Bronze 9/10 Age Group practices 6 days a week for 1 hour and 15 minutes per practice.

Cudas 8 & under Age Group practices 3 days a week for 1 hour and 15 minutes per practice.

Campbell County Group practice 5 days a week for 1 ½ hours per practice.

TRAINING OPTIONS

Stroke Group

Pre Competitive

Competitive

High School Prep

Masters

TRAINING

M.E. Lyons YMCA/Anderson Barracudas is a comprehensive developmental training program, planned and administered by professional coaches dedicated to building the finest program in the nation.

We offer training up to six days per week year round. Swimmers are placed in groups by coaches according to age, skill level, and commitment. There are practice groups to suit swimmers of all levels, from novice to national.

COMPETITION

M.E. Lyons/Anderson Barracuda swim team hosts and attends USA swim meets and YMCA Invitational meets during the winter and summer seasons throughout the region.

Qualifying swimmers compete in Junior Olympics and YMCA Nationals.

For more information contact Coach Ed ebachman@cincinnatiymca.org. Please visit our website at www.ablyswim.org