



LTPY PENGUINS FALL/WINTER 2023-2024 SWIM TEAM

The **COMPETITIVE PREP GROUP** is offered for Age Group swimmers and High School swimmers (pre/post HS season only). Seasonal registration will be offered (Fall/Winter and Summer seasons). High school practices will begin September 5. Some stroke clinics will be offered prior to the start of weekly practices and you will receive an e-mail when they are offered. **Regular weekly practices** will begin the week of October 11 for the White Prep 1, White Prep 2, Blue Prep 1 and Blue Prep 2 training groups.

- ❖ Swimmers interested in competitive swimming.
- ❖ All team members must have a YMCA membership.
- ❖ Participation in YMCA meets is required (USA meet participation is an optional add on below).
- ❖ Lower commitment allows swimmers to be involved in other sports and activities.
- ❖ Training groups will be based on age as of December 1, 2023.
- ❖ Swimmers compete in YMCA meets based on age as of December 1, 2023.

Competitive Prep Training Groups

- **White Prep 1** (Age 13 & Older) – 4-5 practices per week
 - **White Prep 2** (Age 11-12) – 4 practices per week
 - **Blue Prep 1** (Age 9-10) – 3 practices per week
 - **Blue Prep 2** (Age 5-8) – 2-3 practices per week
- **YMCA Meet Requirements**
 - Swimmers must participate in at least three (3) YMCA dual/invitational meets and the end of season YMCA Championship meet.
 - **USA Meet Option**
 - USA meet participation and registration is optional. Swimmers who would like to participate in USA meets must:
 - Pay the add on fee of \$100.00 at the Y. This fee includes the team's annual USA club membership and LTPY coaching expenses. USA meet fees are not included. Swimmers will be billed separately for meet fees if they enter the USA meet. This add-on fee covers USA meets in the 2023-2024 Fall/Winter season only.
 - USA Swimming requires parents register their swimmer directly with USA Swimming. The USA membership cost you will owe to USA Swimming is \$84.00 and will be valid through December 31, 2024. Instructions to register your swimmer with USA Swimming will be given to those families that have paid the add on USA cost of \$100.00 to the Y.
 - Swimmers may participate in the team's scheduled USA meets. Swimmers compete in USA meets based on age on the first day of the USA meet. All USA meets have meet fees and fees will be billed through TeamUnify, our team website.

Competitive Prep Training Groups	Non-Refundable Registration Deposit	Training Fee (with Family Membership)	Training Fee (with Youth/Child Membership)
White Prep 1 (Age 13 & Older)	\$100	\$535	\$695
White Prep 2 (Age 11-12)	\$100	\$370	\$480
Blue Prep 1 (Age 9-10)	\$100	\$315	\$410
Blue Prep 2 (Age 8 & Under)	\$100	\$235	\$305
(Training Fee due in full or draft payment plan: 50% due 10/5; 50% due 11/5)			

Important note: The \$100 deposit, training group fees and add on USA fees must be paid directly to the YMCA. These fees will not be paid through our team website (TeamUnify). Meet fees only will be billed through TeamUnify – our team website.

HIGH SCHOOL PREP TRAINING GROUP

- ❖ High School only swimmers (practices pre/post HS season only) will be offered four (4) or five (5) practices per week.
- ❖ All team members must have a YMCA membership.
- ❖ Practices will begin the week of September 5, 2023.
- ❖ High school swimmers may **practice** with the Penguins until their high school swim team practices begin at the end of October and may **compete** for the Penguins until their first high school competition (November 27 or later depending on the HS meet schedule). High school swimmers will return to Penguin practices and compete for the Penguins after their last high school competition (OCCs, Sectionals, Districts or State meet).
- ❖ High school swimmers that wish to practice with the Penguins **during** their high school season can do so in the Senior, Senior Prep or White Prep 1 training groups.
 - **YMCA Meet Requirements**
 - Swimmers must participate in at least three (3) YMCA dual/invitational meets before the high school meet season begins and the end of season YMCA Championship meet.
 - **USA Meet Option**
 - USA meet participation and registration is optional. Swimmers who would like to participate in USA meets must:
 - Pay the add on fee of \$75.00 at the Y. This fee includes the team's annual USA club membership and LTPY coaching expenses. USA meet fees are not included. Swimmers will be billed separately for meet fees if they enter the USA meet. This add-on fee covers USA meets in the 2023-2024 Fall/Winter season only.
 - USA Swimming requires parents register their swimmer directly with USA Swimming. The USA membership cost you will pay to USA Swimming is \$84.00 and the membership will be valid through December 31, 2024. Instructions to register your swimmer with USA Swimming will be given to those families that have paid the add on USA cost of \$75.00 to the Y.
 - Swimmers may participate in the team's scheduled USA meets that are before or after their HS competition. Swimmers compete in USA meets based on swimmer's age on the first day of the USA meet.
 - All USA meets you participate in have meet fees. Meet fees will be billed through TeamUnify.

High School Prep Training Group (Pre/Post HS)	Non-Refundable Registration Deposit	Training Fee (with Family Membership)	Training Fee (with Youth/Child Membership)
HS Prep	\$100	\$440	\$572
(Training Fee due in full or draft payment plan: 50% due 10/5; 50% due 11/5)			

Important note: The \$100 deposit, training group fees and add on USA fee must be paid directly to the YMCA. These fees will not be paid through our team website (TeamUnify). Meet fees only will be billed through TeamUnify – our team website.

The **COMPETITIVE GROUP** is year-round with annual registration (Fall/Winter 2023-2024 season and includes Summer 2024). Fall/Winter practices will begin the first full week of September 2023 and summer practices will begin the week of May 1, 2024.

- ❖ Highly competitive swimmers with exceptional work ethic and attitude.
- ❖ Increased level of commitment to swimming.
- ❖ Practice attendance requirement.
- ❖ Participation in USA and YMCA meets is required.
- ❖ USA membership is required and is included in pricing for 2023-2024 Fall/Winter season and the 2024 Summer season **except** for the USA Swimming membership cost of \$84.00. USA Swimming requires parents register their swimmer directly with USA Swimming. You will receive instructions on how to register your swimmer.
- ❖ The Competitive Training Groups require annual team registration.
- ❖ All team members must have a current YMCA membership.
- ❖ There is a limited number of swimmers in each of the Competitive Training Groups.
 - *Practice group assignments are the final decision of the Head Coach. If it is determined that a swimmer's practice group is not appropriate, parents will be notified within three (3) weeks after the swimmer is practicing. Groups are subject to change depending on the number and ages of swimmers.*

Competitive Training Groups

- **Senior** (Age 13-18) – At least 10.5 hours per week (90% practice attendance requirement)
- **Senior Prep / Pre-Senior** (Age 12-15) – At least 8 hours per week (85% practice attendance requirement)
- **Silver 1** (Age 9-14) – At least 6 hours per week (80% practice attendance requirement)
- **Silver 2** (Age 12 and Younger) – At least 4 hours per week (75% practice attendance requirement)
- **Meet Requirements**
 - Participation in at least three (3) dual/tri meets or invitational YMCA meets, and at least one of these end of season YMCA championship meets: YMCA Championship or Great Lakes Zone Championship. Swimmers who have not qualified for Great Lakes Zone Championship must participate in the YMCA Championship meet.
 - Swimmers who qualify for Great Lakes Zone Championship are expected to participate in this meet.
 - High school swimmers must participate in at least three (3) YMCA dual/invitational meets before the high school meet season begins and the end of season YMCA Championship meet.
 - Participation in USA meets (required and optional meets will be offered).
 - All USA meets you participate in have meet fees.

Competitive Training Groups	Non-Refundable Registration Deposit	Training Fee (with Family Membership)	Training Fee (with Youth/Child Membership)
Senior	\$100	\$1,670	\$2,170
Senior Prep / Pre-Senior	\$100	\$1,350	\$1,710
Silver 1	\$100	\$1,035	\$1,345
Silver 2	\$100	\$675	\$878
(Training Fee due in full or draft payment plan: 7 equal payments starting 9/5/23 through 3/1/24). Dryland training is not included.			

Important note for the Competitive training groups: The \$100 deposit and training group fee must be paid directly to the YMCA. These fees will not be paid through our team website (TeamUnify). Meet fees only will be billed through TeamUnify - our team website.