



## LTPY PENGUINS FALL/WINTER 2022-2023 SWIM TEAM

All new team members will have the option to participate in the **COMPETITIVE PREP GROUP**. This group will be offered for Age Group swimmers for the fall/winter season and to high school swimmers (pre/post HS season only). Seasonal registration is offered in the Fall/Winter and again in the Summer. Age Group practices will begin with Sunday Stroke Clinics in late September or early October, and weekly practices will begin the week of October 10.

- ❖ Swimmers interested in competitive swimming.
- ❖ All team members must have a YMCA membership.
- ❖ Participation in YMCA meets is required (USA is optional).
- ❖ Lower commitment allows swimmers to be involved in other sports and activities.
- ❖ Seasonal registration will begin in Fall/Winter 2022-2023. (Registration will be offered for the Fall/Winter and Summer swim seasons).
- ❖ Training groups will be based on age as of December 1, 2022.
- ❖ Swimmers compete in YMCA meets based on age as of December 1, 2022.
- ❖ Practices are held in the evenings during the week and on Sundays.
- ❖ Nearly all meets are held on Saturday and/or Sunday.

### Competitive Prep Training Groups

- **White Prep 1** (Age 13 & Older) – Swimmers are scheduled for 4-5 practices per week
  - **White Prep 2** (Age 11-12) – Swimmers are scheduled for 4 practices per week
  - **Blue Prep 1** (Age 9-10) – Swimmers are scheduled for 3 practices per week
  - **Blue Prep 2** (Age 5-8) – Swimmers are scheduled for 2-3 practices per week
- **Meet Requirements**
    - Swimmers must participate in at least three (3) YMCA dual/invitational meets and the end of season YMCA Championship meet.
    - USA meet participation is optional. There will be an additional fee and more details will be provided.
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### HIGH SCHOOL PREP TRAINING GROUP

- High School only swimmers (practices pre/post HS season only) will be offered four (4) practices per week.
  - All team members must have a YMCA membership.
  - High school practices will begin September 6.
  - High school swimmers may practice with the Penguins until their high school swim team practices begin (October 28, 2022) and may compete for the Penguins until their first high school competition (November 28 or later depending on the HS meet schedule). High school swimmers will return to practice 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 will have this option if they are in the Senior Competitive Training Group or the White Prep 1 training group.
- **Meet Requirements**
    - High school swimmers must participate in at least three (3) YMCA dual/invitational meets before their high school meets begin plus the end of season YMCA Championship meet.
    - USA meet participation is optional. There will be an additional fee and more details will be provided.

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The **COMPETITIVE GROUP** will be year-round with annual registration in the Fall/Winter 2022-2023 season and will also include Summer 2023. Fall/Winter practices will begin the first full week of September 2022 and summer practices will begin the week of May 1, 2023. There is a limited number of swimmers in each of the Competitive Training Groups and these training groups will not be offered at registration to all team members.

- ❖ 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 will be included in pricing.
- ❖ Annual team registration is required for the 2022-2023 Fall/Winter season.
- ❖ All team members must have a current YMCA membership.

### **Competitive Training Groups**

- **Senior** (Age 13-18) – At least 10.5 hours per week (90% practice attendance requirement)
- **Pre-Senior** (Age 12-14) – 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.
  - Participation in USA meets (required and optional meets will be offered).