



LTPY PENGUINS FALL/WINTER 2024-2025 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 3. Age Group practices will begin the week of October 14 and there will likely be some earlier stroke clinics offered (end of September and early October). Regular weekly practices will begin the week of October 14 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).
- ❖ Lower commitment allows swimmers to be involved in other sports and activities.
- ❖ Training groups will be based on age as of December 1, 2024.
- ❖ Swimmers compete in YMCA meets based on age as of December 1, 2024.

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 \$115.00 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 2024-2025 Fall/Winter season.
 - USA Swimming requires parents register their swimmer directly with USA Swimming. The USA membership cost is \$86.00 and will be valid through December 31, 2025. Instructions to register your swimmer with USA Swimming will be provided to those families that have paid the add on USA cost of \$115.00 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.
 - If swimmer is transferring from another USA club, please notify Coach Chris.

Competitive Prep Training Groups	Non-Refundable Registration Deposit	Training Fee with Family Membership (Required for age 11 & younger swimmers)	Training Fee with Teen Membership (Age 12-18 swimmers)
White Prep 1 (Age 13 & Older)	\$100	\$535	\$720
White Prep 2 (Age 11-12)	\$100	\$370	\$500
Blue Prep 1 (Age 9-10)	\$100	\$315	NA
Blue Prep 2 (Age 8 & Under)	\$100	\$235	NA
(Training Fee due in full or draft payment plan: 50% due 10/7; 50% due 11/7)			

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.

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 2, 2024.
- ❖ High school swimmers may practice with the Penguins until their high school swim team practices begin (October 22, 2024) and may compete for the Penguins until their first high school competition (November 25 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 can do so in the Senior Competitive Group or White Prep 1 training group.
 - **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. The fee includes the team's annual USA club membership, fee owed to Ohio Swimming 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 2024-2025 Fall/Winter season.
 - USA Swimming requires parents register their swimmer directly with USA Swimming. The USA membership cost is \$86.00 and will be valid through December 31, 2025. Instructions to register your swimmer with USA Swimming will be provided to those families that have paid the add on USA fee of \$75.00 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 you participate in have meet fees. Meet fees will be billed through TeamUnify.
 - If swimmer is transferring from another USA club, please notify Coach Chris.

High School Prep Training Group (Pre/Post HS)	Non-Refundable Registration Deposit	Training Fee with Family Membership (Required for age 11 & younger swimmers)	Training Fee with Teen Membership (Age 12-18 swimmers)
HS Prep	\$100	\$500	\$675
(Training Fee due in full or draft payment plan: 50% due 10/7; 50% due 11/7)			

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.

The **COMPETITIVE GROUP** is **year-round** with annual registration (Fall/Winter 2024-2025 season and includes Summer 2025). Fall/Winter practices will begin the first full week of September 2024 and summer practices will begin the week of May 1, 2025.

- ❖ 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 2024-2025 Fall/Winter season and the 2025 Summer season **except** for the USA Swimming membership cost of \$86.00. 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, legal in all strokes and diving from starting block).
- **Pre-Senior** (Age 12-15) – At least 8 hours per week (85% practice attendance requirement, legal in all strokes and diving from starting block).
- **Silver 1** (Age 9-14) – At least 6 hours per week (80% practice attendance requirement. Swimmers must be legal in all four strokes and diving from the starting block).
- **Silver 2** (Age 12 and Younger) – At least 4 hours per week (75% practice attendance requirement. Swimmers must be legal in all four strokes).

○ 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.
- 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).

Competitive Training Groups	Non-Refundable Registration Deposit	Annual Training Fee with Family Membership (Required for age 11 & younger swimmers)	Annual Training Fee with Teen Membership (Age 12-18 swimmers)
Senior	\$100	\$1,670	\$2,250
Senior Prep	\$100	\$1,350	\$1,820
Silver 1	\$100	\$1,035	\$1,400
Silver 2	\$100	\$675	\$910
(Training Fee due in full or draft payment plan: 7 equal payments starting 9/3/24 through 3/3/25).			

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.

FALL/WINTER 2024-2025 SWIM MEET SCHEDULE

(subject to change)

YMCA MEETS

Saturday, September 28, 2024 – 13 & Over Dual Meet at Lancaster YMCA
Saturday, October 19, 2024 – Hilliard YMCA Fall Squall Invitational (meet fees)
October TBD - Annual Tom Warrick Virtual Home Meet at Powell YMCA
Sat and Sun, November 2-3, 2024 – Lancaster Invitational (meet fees)
Saturday, November 23, 2024 – Gator-Thon at Gahanna YMCA (meet fees)
Saturday, December 7, 2024 – Tri Meet with Grove City and Garver at Powell YMCA
Sunday, December 8, 2024 – Elf Classic at the Hilltop YMCA for 10 & Unders
Sunday, December 15, 2024 – Penguin Plunge at Powell YMC (meet fees)
Sat and Sun, February 1-2, 2025 – Orange Crush at Delaware YMCA (meet fees)
Sunday, February 9, 2025 – LTPY at Hilliard YMCA
Sat and Sun, March 1-2, 2025 – YCO Championships, location TBD (meet fees)
March 14-16, 2025 - Great Lakes Zone Championships* (meet fees)
March 31-April 4, 2025 – YMCA Short Course Nationals* in Greensboro, NC

*Time standards

USA MEETS

Fri, Sat and Sun, October 4-6, 2025 – WTRC Andrew Worley Memorial Meet
Fri, Sat and Sun, October 25-27, 2024 – Spooktacular Invitational at Ohio University
Saturday and Sunday, November 9-10, 2024 – GTAC Holiday Turkey Meet
Fri, Sat and Sun, November 22-24, 2024 – Ohio Senior Invitational
Fri and Sat, December 13-14, 2024 – GCST Holiday Cheer at Columbus Academy
Sat and Sun, January 4-5, 2025 – Kelly German Memorial Meet* at Worthington HS
Fri, Sat and Sun, January 24-26, 2025 – TBD
Fri, Sat and Sun, February 21-23, 2025 – Central Ohio SC Regionals at Ohio University
March TBD – Junior Championship for 14 & Unders*
March TBD – Senior Championship for 15 & Overs

*Time standards