



MUDCATS

YMCA COLUMBIA SWIM CLUB



CAROLINA YMCA SWIM LEAGUE CHAMPIONS

2015 | 2016 | 2017 | 2019 | 2020 | 2021

The YMCA of Columbia Swim Club (Mudcats) is a highly recognized competitive, year-round swimming program.

The Mudcats are a dual sanctioned team, participating in both USA and YMCA Swimming meets.

With USA Swimming certified coaches and two locations, we provide professional, quality instruction and sport specific training in and out of the water. YMCA core values are incorporated in all we do - caring, honesty, respect, responsibility and faith. We teach sportsmanship and promote physical fitness to swimmers of all ages and abilities.

SEASON: Late-August 2022 thru July 2023

AGES: 4-18 years (Can compete in YMCA Swim up to age 21)

COST:

- Annual Registration Fee \$30 (Covers SC Y-Swim League Fee and Swimmer Recognition Program)
- Plus Monthly Dues (See below)
- YMCA of Columbia Membership
- Must register as 2023 USA Swimming Athlete

LEVEL*	DUES
Bronze	\$60
Silver	\$65
Gold 1-2	\$75
Junior 1-2	\$85
Senior	\$100

Note: All first time, year-round swimmers will receive a FREE two-week trial prior to registering for the team or joining the Y.

For more information about levels on reverse side.



YMCA OF COLUMBIA SWIM TEAM LOCATIONS

Jeep Rogers (Lake Carolina)
NorthWest (Irmo)

See reverse side for contact information and training schedules.

REQUIREMENTS:

- Member of the YMCA of Columbia and USA Swimming
- Ability to swim 25-yards -- freestyle and backstroke
- **Copy of birth certificate** for all first-time enrollees.*

*This is a USA Swimming requirement.

CONTACT INFORMATION:

Head Coach Berry Neville, barryneville@columbiaymca.org

Asst. Coach Mackenzie Shannon, mackenzieshannon@columbiaymca.org

TRAINING SCHEDULE

Times are subject to change based on group numbers and schedules.

JEOP ROGERS YMCA LOCATION

900 Lake Carolina Dr., Columbia, SC 29229

TRAINING GROUP	DAY	TIME
Bronze	Tues/Thurs	4:15-5:15pm
Silver	Tues/Thurs	4:15-5:30pm
Gold 1-2	Mon/Wed/Fri	4:15-5:45pm
Junior 1	Mon/Tues/Thurs/Fri	5:45-7:30pm
Junior 2	Mon-Fri	5:45-7:30pm
Senior	Mon-Fri	5:45-7:45pm
Dryland (JR & higher)	Tues/Thurs	4:45-5:15pm



NORTHWEST YMCA LOCATION

1501 Kennerly Rd., Irmo, SC 29063

TRAINING GROUP	DAY	TIME
Bronze	Tues/Thurs	4:30-5:30pm
Silver	Tues/Thurs	4:30-5:45pm
Gold 1-2	Mon/Wed/Fri	4:15-5:45pm
Junior 2	Mon-Fri	5:45-7:30pm
Senior	Mon/Wed/Fri	5:45-7:45pm
Senior	Tues/Thurs	5:30-7:30pm
Dryland	TBD	

MUDCAT GROUP LEVELS

BRONZE: Age ranges from 4 to 12 years

Able to swim a legal 25-yards of freestyle and backstroke. Have the physical strength to practice for 60 minutes. Focus on improvement of technique in all competitive strokes, turns, racing starts, competitive swim rules, and fun. **Practices per Week:** Two, 60 minutes each

SILVER: Age ranges 7 to 12 years

Able to swim 50-yards of freestyle and backstroke, and 25-yards of butterfly and breaststroke. Must be able to listen and follow directions and have the maturity and physical strength to complete 75 minute workouts. Focus is on improving technique, conditioning, racing starts, and turns. **Practices per Week:** Two, 75 minutes each

GOLD: Age ranges 9 to 14 years

Able to legally swim 100-yards of all four competitive strokes, plus a 200 Individual Medley (IM). Able to perform racing starts and all four turns. Able to listen and follow directions and have the maturity and physical strength to complete 90 minute workouts. Focus is to continue to improve stroke technique, racing starts & turns, aerobic conditioning, longer swim sets, sprints, race strategies, goal setting, and knowledge of pace/intervals. Attitude – demonstrates a commitment level necessary to attain higher levels of training. Expected to attend selected meets, plus highest qualified championship meets. **Practices per Week:** Three to Four, 90 minutes each

JUNIOR: Age ranges 12 to 18

Expected to attend at least 70% of practices. This is a pre-cursor group aimed at bridging the Age Group and Senior Group programs. For swimmers not able to commit to Senior Group expectations or using swimming to cross-train or stay in shape. Focus on stroke mechanics, aerobic and anaerobic training, goal setting, and race strategy. **Practices per Week:** Four to Five, 105 minutes each.

SENIOR: Age ranges 13 to 18

Expected to attend at least 80% of practices. Swimming is their primary activity with a desire to swim in college. Stroke mechanics, challenging aerobic and anaerobic training sets, goal setting, and race strategy emphasized. Expected to attend selected meets, plus highest qualified championship meets. **Practices per Week:** Five to Six, 120 minutes each. Optional morning practices offered.



YMCA OF COLUMBIA
columbiaymca.org/mudcats