

YNWL Swimming - Level V Description, Standards, & Agreement

Senior Level V (13 & Older)

"Senior" Level swimming begins a pronounced shift of focus from practicing to training while also maintaining an emphasis on stroke technique improvement & race strategy execution. The training focus is IM, Aerobic, and Race Pace training along with a strong emphasis on kicking. Swimmers must have the ability and desire to handle the physical demands of an advanced training regimen.

Participation in Level V is a privilege, not a right. No swimmer is required to join Level V. Members of Level V must maintain the required practice attendance and expectations to join and remain in the group. Level V requires a commitment from the family, not just the swimmer. Acceptance of an invitation to Level V is voluntary and the below expectations and requirements are agreed to by all accepting members and their parents/guardians. Athlete & Parent/Guardian signatures of agreement to the below are required for entry into Level V.

Expectations & Requirements:

- A minimum 60% Practice Attendance is required (dryland is optional) through SCY & LCM Seasons
 - Those playing a Fall Sport will be "excused" from missed practices IF it is communicated to the coaches that the absence was due to Fall Sport participation
 - Absences for High School (& Jr. High) Swim Meets and required school functions for a grade will be excused
- Swimmers must complete & maintain USA Swimming's "Safe Sport Training for Minor Athletes" (If 18 – must complete Athlete Protection Training)
- Morning Practices (listed on Level VI Schedules) are optional
- Level V Swimmers are expected to attend designated in-season competitions
- Level V Swimmers are expected to attend and compete in all Team Championship meets for which they qualify, including USA Sectionals and YMCA Nationals

Level V Swimmers are expected to attend and compete in all scheduled Team Championship meets for which they qualify, including USA Sectionals and YMCA Nationals

Not meeting the minimum requirements will result in the swimmer being removed from this group. Swimmers may not move between Levels IV & V based on fluctuating availability and commitment potential. If a Swimmer is moved from Level V into Level IV, whether by the swimmer's choice or by the coaching staff, readmittance into Level V will be considered after 2 weeks and only if the athlete has then raised their practice attendance above the group minimum. If after 2 weeks a swimmer's attendance does not meet the minimum group requirement, readmittance into Level V will not be considered until the following season and only if the athlete has actively demonstrated the ability to maintain stated requirements. The Coaching Staff will have the full authority over admittance, removal, and readmittance of Level V Swimmers.

Additional Skills/Pre-Requisites Required for Entrance Into Level V:

- The physical conditioning required to maintain the prescribed training schedule
 - Previous demonstration in Level IV that the athlete can maintain the required practice attendance
- Strong Proficiency in All 4 Strokes and All Turns
- Race Strategy Knowledge and Execution
- Possess both a willingness and ability to provide leadership daily to the group and team

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____