



Sharks Swim Team Tryouts

Short Course 2023-2024

The Meadowlands YMCA Sharks are a year-round competitive swim team for swimmers aged 6 to 18 years old. Practices are held at our 390 Murray Hill Parkway pool. Our focus is to provide a high-quality, fun, and motivating swim team program while supporting swimmer development in and out of the water.

Interested in becoming a SHARK? Come to our fall tryout! The Sharks Short Course Season will begin September 11, 2023. Practices and competitions will continue until February 2024. Tryout day and requirements are as follows:

Monday, August 14, 2023

- 10 & Under: 6:00 – 7:00 pm
- 11 & Over: 7:00 – 8:00 pm

Tryout Requirements by Age

- 8 & Under: 25-yard freestyle, backstroke, breaststroke, and butterfly
- 9 & 10: 50-yard freestyle and backstroke, 25-yard breaststroke and butterfly
- 11 & 12: 50-yard freestyle, backstroke, breaststroke, and butterfly
- 13 & 14: 100-yard freestyle and backstroke, 50-yard breaststroke and butterfly
- 15 to 18: 100-yard freestyle, backstroke, breaststroke, and butterfly

If you have any questions, please email Coach Andrea at acoiner@meadowlandsymca.org
Check out the [Sharks Team Website](#) for additional information.

