



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILDING CONFIDENCE ONE STROKE AT A TIME

YBAC Hurricanes Swim Team, 2018-19 School Year

YBAC is a year-round competitive swim program dedicated to helping athletes reach their highest potential. We provide an atmosphere of challenging hard work and commitment that leads to excellence.

The YBAC team offers families and swimmers the flexibility to pursue their goals in swimming, while maintaining a family lifestyle and achieving academic excellence. Our most active swimmers are often on their school's honor roll!

While participation is voluntary for all practices and meets, swimmers will get out of the program what they're willing to put into it.

Practices are held at the YMCA and the Maynard Aquatic Center. Transportation to the YMCA and MAC is available to students from many area schools through the YMCA After-School Program.

We offer three tracks in our swim program: Technique and Fitness, Competitive Program and High Performance. All tracks are designed to provide the most up-to-date instructions, training and experience available.

Technique & Fitness Track - This track is ideal for swimmers who may be new to year-round swimming, are involved in various other activities or are looking to get in or keep in shape. Swimmers in this track have the opportunity to participate in local/Intrasquad and YMCA swim meets if they choose.



Competitive Track - This track is designed for swimmers looking to explore their full potential in the pool. USA Swimming and YMCA swim meets are encouraged but optional.

High Performance Track - This track places an emphasis on competition and year-round training in preparation for success at all levels of competitive swimming. Swimmers need to have the desire, commitment and passion to work toward maximum potential. Meets are required for this track.

For more information, visit www.acymca.org or contact Coach David at dmcdevitt@acymca.org



2018 - 2019 School Year

Three Tracks to fit your swimming needs

| Groups | Description | Ages | Recommended # of Practices | Swim Meets |
|------------------------------|--|-------|----------------------------|--------------------------------|
| Technique & Fitness 1 | Open to swimmers who can swim 25 yards of freestyle with rotary breathing. | 5-13 | 2 | Optional: YMCA & Intrasquad |
| Technique & Fitness 2 | Open to swimmers who can swim 50 yards of freestyle with rotary breathing. Swimmers should also have a general idea of the 4 competitive strokes | 10-18 | 3 | Optional: YMCA & Intrasquad |
| Competitive 1 | Designed for the beginning competitive swimmer with knowledge of Freestyle and Backstroke. | 5-12 | 3 | Recommended |
| Competitive 2 | Designed for swimmers, who can swim all four strokes. | 9-18 | 3 | Recommended |
| Competitive 3 | Designed for advanced competitive swimmers, who can swim all four strokes | 11-18 | 5 | Recommended |
| High School High Performance | Designed for Middle School & High School swimmers | 12-18 | 3 | Required—See Handbook |
| High Performance 1 | Designed for those swimmers with the desire, skills and maturity to excel in the sport of swimming | 9-11 | 3 | Required—See Handbook |
| High Performance 2 | | 11-14 | 4 | Required—See Handbook |
| High Performance 3 | | 12-18 | 5 | Required—See Handbook |

| Groups | Practice | Pool | Training Fees | Registration Fees |
|-----------------------|-----------------------------------|------|-----------------------------|-------------------|
| Technique & Fitness 1 | 5:15-6:00 M/W/F 4:30-5:15 T/Th | MAC | \$150/session (12 weeks) | \$35 |
| Technique & Fitness 2 | 4:30-5:30 M/W/F 5:15-6:15 T/Th | MAC | \$165/session (12 weeks) | \$35 |
| Competitive 1 | 4:30-5:30 M/W/F 6:00-7:00 T/Th | MAC | \$60/month | \$100 |
| Competition 2 | 4:30-6:00 M-F | MAC | \$70/month | \$100 |
| Competitive 3 | 4:30-6:00 M-F | MAC | \$75/month | \$100 |
| H.S High Performance | 4:15-6:15 M-F | YMCA | \$60/month | \$100 |
| High Performance 1 | 4:15-5:45 M-F | YMCA | \$75/month | \$100 |
| High Performance 2 | 4:15-6:15 M-F | YMCA | \$80/month | \$100 |
| High Performance 3 | 4:15-6:15 M-F | YMCA | \$85/month | \$100 |

Technique and Fitness sessions
(12 weeks):
I: Sept 10 - Dec 2
II: Jan 7 - Mar 31
III: Apr 8 - June 30

Competitive Dates:
Short Course: Aug 20 - May 31
Long Course: June 1 - Aug 1

High Performance Date:
Aug 20 - Aug 1

Registration Fees include:
Team T-Shirt, Team Cap, GYSSA
Membership; USA Swimming
membership for Competitive and
High Performance Groups

Multiple swimmer discounts for
families of 3 or more. (25% for 3rd
child; 50% for 4th; 5th swimmer
free)

All practice times are subject to change due to pool schedules – June 17, 2019 we will go to our summer practice schedule

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.