

TSUNAMI SWIM TEAM cont.

General Information

All swimmers compete in every meet. The team size is limited to the number of swimmers we can accommodate safely in our practice time. The exact number depends on how many swimmers tryout in each age group and individual ability. Practices start September 28. The first meet is in November. There are about eight Saturday afternoon meets ending in January plus season ending league and New England championships. Children must qualify by time to swim at Districts. It is at Medford High School and runs over two weekends at the end of January. Each age group competes on one day in 6 hours or less of meet time. The New England championship is in March. We have placed swimmers in this meet the last five years. With the exception of high school teams, our swimmers may not compete for another YMCA or USA swim team during the season.

Swimmers compete by age as of December 1, 2009 into the following classes:

8 & under - "E" Class 9 & 10 - "D" Class 11 & 12 - "C" Class 13 & 14 - "B" Class 15 to 18 - "A" Class

Family Team and Fundraising

We succeed because parents volunteer to help with timing, event planning, coaching, and fundraising. This supports the team and the YMCA. All families help with these.

Tryouts

Team members must be at least 7 years old on October 1 and **must** be able to:

- Dive correctly off the starting blocks.
- Swim all four competitive strokes.
Swim at least 50 of front crawl, back crawl and breaststroke without stopping.

Swimmers who qualified for Individuals last year do not have to try out, however the coach must be notified before tryouts that the swimmer is planning to be on the team. The coach observes and times children for team and practice group selection. A tryout is mandatory for all new and current swimmers who did not qualify for districts in individual events. Selection is based on ability to swim the four competitive strokes, speed, and number of swimmers needed within the age group. The team is not a swim lesson substitute or recreational exercise program. It is a large family commitment. The focus is on competing to the best of one's ability. Practice is to refine strokes not learn them.

Tryout Dates and Times

Sunday 9/13 4:00-5:00pm

Wednesday 9/16 6:30-7:30pm

Thursday 9/17 4:15-5:45pm

Practice Time and Groups

Group A (8&U, beginners)

Sun 8:15 - 9:00

Wednesday 6:30 - 7:15

Friday 7:30 - 8:30

Group B (10&U, some experience)

Sunday 3:00 - 4:30

Monday 7:15 - 8:00 pm

Wednesday 7:15 - 8:00 pm

Thursday 4:00 - 5:00 pm

Group C (11+, experienced)

Sunday 4:30 - 6:30

Monday 8:00 - 9:00 pm

Wednesday 8:00 - 9:00 pm

Thursday 5:00 - 6:00 pm

Friday 8:30 - 9:30 pm

Commitment

Commitment and training are the keys to a successful swim team. Children accepted on the team are expected to be attentive at practices and compete in all meets. Lack of attention or attendance at practice will limit participation in meets. Please do not try-out without being willing to learn, practice and compete. Anyone unwilling to have swimming as their primary sport during our season should not tryout. Workouts are a thousand yards or more of swimming. We may make videos of swimmers for instruction and erase them after use for analysis.

Cost	Age	Family	Youth
A group	7-10	\$223	\$267
B group	9-12	\$350	\$420
C group	11+	\$478	\$573

There is a 20% discount for siblings on the team. All participants must be Charles River YMCA youth or Greater Boston Family members to be on the team. Team suits are available at an extra cost. All swimmers must have a quality pair of goggles. All team communications are by email.

Contact Info

For more information, please contact Aquatic Director Kirby Lecy at KLecy@ymcaboston.org or coach Bob Boder at RBoder@Comcast.net. Bob is a Level 3 American Swimming Coaches Assoc. coach. As a Masters Swimmer, he has achieved national and New England top ten finishes in multiple strokes. He is the New England Masters Vice President for Clinics, and does video stroke analysis clinics throughout New England. He has been a guest coach at the North Shore YMCA and Harvard Techniques summer swim camps.

POSSIBILITY