

Tri-Hampton YMCA Age Group Swim Team Handbook 2011-2012



MIDDLE
ATLANTIC
SWIMMING



Age-Group Team Coaching Staff:

Director of Competitive Aquatics:	Heather Jorris	cooperjorris@comcast.net
Head Coach Age Group Program:	Nicole Glace-Skinner	coach.nicole@yahoo.com
Head Coach Senior Group Program:	Bill Ludwick	
Assistant Coaches:	Erin Dunn Bill Bagdon Paul McKenzie Melanie Craig	
Technique Specialist:	Keith Torok	

A Year around YMCA/USA Competitive AGE GROUP Swim Program

Training in Newtown at the Bucks County Community College

A YMCA NATIONAL "TOP-FIFTEEN" SWIM PROGRAM WHICH OFFERS THE BENEFITS OF BOTH YMCA NATIONAL SWIMMING AND USA SWIMMING

Founded in 2002, the THY Swim Team has risen rapidly to national prominence. THY athletes not only improve athletically (whether it's obtaining a first "A" time or a USA Swimming Senior National cut) they also grow to embrace the core values of caring, honesty, respect and responsibility. We realize that every club has it's pro's and con's, including ours. That is not to say we are better. We are just different.

The philosophy and objectives of the THY Age Group Swim Team are:

- To provide a quality competitive swim program for swimmers aged 8 – 12 years old.
- Applicants must be proficient in all four strokes and aspire to achieve improvement and excellence in the sport. THY is not a recreational swim program.
- To provide an opportunity for the personal growth of the swimmer as an individual and as a member of the team.
- To help all members reach their God given potential in spirit, mind and body.
- To embrace the YMCA vision of building strong kids, strong families and strong communities, and reinforce the YMCA core values of caring, honesty, respect and responsibility.
- The seasonal goals for the THY Age Group swimmer will be to become more proficient as a competitive swimmer and to excel at YMCA Districts and States. The early season focus will be to peak for a highly encouraged holiday taper team meet in Pittsburgh in December.
- Team members are expected to attend all YMCA District, State, and National meets for which they qualify.
- To understand that it is in the club setting where the swimmer learns to hone their craft.
- As a member of Middle Atlantic Swimming, United States Swimming and YMCA National Swimming, the YMCA Swim Team will promote and participate in the local, regional and national competitions sanctioned by these bodies. These competitions progress in proportion to the abilities of a swimmer.

THY AGE GROUP OBJECTIVES FOR SUCCESS

Age group swimmers are the backbone of YMCA and USA Swimming. At this level swimmers learn to train and compete in meets from intra squad, local and possibly regional levels. One of the biggest challenges for coaches, parents, and young athletes is the wide variety of ability levels during these years. Some children may have been in the sport for several years longer than their teammates, and some mature early, some late. Although there is a wide variety in ability level during these ages, many principles remain constant.

Keep in mind that early success does not predict later success. The success demonstrated by early maturers is due to a biological advantage and biological maturation is genetic. Late maturers, who are at an initial physical disadvantage, don't have control over biology. Given this, be cautious about focusing attention and energies onto only the young athletes who are showing initial talent.

With an age group practice, yardage is more important than with a novice group, but still does not have the importance that it has with a senior group. Many coaches are used to designing sets or thinking about yardage as the primary goal. Age group swimmers are not miniature seniors. They continue to have special needs and considerations. The primary goal is to get the swimmers ready for moving to the senior group.

Our swim team emphasizes having fun and learning to enjoy the sport. We also emphasize the development of life-long values of sportsmanship, self-respect, respect for others, honesty, caring for others and responsibility to self and others. We hope to develop healthy attitudes about winning and losing.

The most basic elements to include for age group swimmers are: Progressive Aerobic Development, Kicking, Long Quality Swims, Race Preparation, Sprinting, Test Sets, Technique (Stroke, Start and Turn work), Games and Relays (making swimming fun), and Dryland Training.

We are striving for:

Consistent Leadership - Here we use the analogy of a limousine. The limousine is the club, the passengers are the board and membership, and the chauffeur is the coach. The goal is to get the limousine to a destination. The Director of Competitive Aquatics and Head Coaches set the destination. If this is their chosen limo, the passengers get on board to get them to their destination. The chauffeur (head age group coach) takes care of the immediate task at hand of getting the limo to its destination on time, safely, and without losing too many passengers. Conflict happens when the passengers start redefining the destination or the route to the destination even though the chauffeur knows the best way.

Consistent Coaches. There's not a lot of flip-flopping around and the message is consistent. The direction of the age group program is being set consistently by the age-group coach who passes well prepared swimmers on to a Head Coach/ Director of Competitive Aquatics who has a consistent direction for the Senior Program.

System Wide Goals. The entire THY team and each group have system wide goals. Goals were not something just being set up for the senior kids. There are yearly, seasonal, monthly, even daily goals present in one form or another.

Common Teaching Language. There's a common teaching language that is introduced to the swimmers in the novice group (the entry level group), and that language is then expanded on and enriched on all the way up to the Senior National Program.

Supportive Parent Layer. The YMCA is a volunteer driven organization. Like all YMCA programs, our swim team program's success is dependent upon two groups of dedicated individuals working together: YMCA coaching and administrative staff and the volunteer THY Swim Team Parents Association.

Maintain a Standard of Excellence. Both groups want to be the best that they can be ... from age group to national.

As a member of Middle Atlantic Swimming, United States Swimming and YMCA National Swimming, the YMCA Swim Team will promote and participate in the local, regional and national competitions sanctioned by these bodies. These competitions progress in proportion to the abilities of a swimmer.

THY Training Facility

THY trains at the Bucks County Community College. The pool is six lanes equipped with Competitor racing lanes and Paragon starting platforms. Parking passes for families will be distributed in the beginning of the year and allow families to park in designated Student Parking lots. Parents may temporarily park by top pool entrance to pick up swimmers. Parents and swimmers are not permitted to park in BCCC Physical Education parking spots by side entrance of the pool. These are for BCCC Physical Education staff and YMCA coaches and special permits are required. On rare occasion (pool closure due to BCCC closing or pool maintenance), THY swimmers may train at other facilities. Where there is a practice venue change, an e-mail and text message will be sent to you. THY has always maintained an OPEN DECK policy for parents. Feel free to sit in the bleachers and watch practices and ask coaches questions when they are available.

Visit our Website at: <http://swimthy.worldswim.net/> for important information.

Visit the BCCC website at: <http://www.bucks.edu/> to see if the campus is closed forcing practice cancellation.

Dates & Deadlines:

Monday, August 22: Email intent to register to Heather Jorris (cooperjorris@comcast.net) and Ann-Marie Delworth, team treasurer (amdelworth@msn.com).

Monday, August 29: All forms and registration paperwork to Ann-Marie Delworth. Mail completed registration forms and initial payments to: Ann-Marie Delworth, 997 Yorkshire Dr. Yardley, PA 19067

Monday, August 29: Mandatory Parents Meeting at 7:00 PM at Chandler Hall, Room TBD

Monday, September 12: Practice Begins at 6:30 PM

Practice Schedule:

Practice schedule is subject to BCCC pool availability and is subject to infrequent minor changes. Where there is a practice cancellation or change, an e-mail and text message will be sent to you.

9-12 Yr Olds (9 years old or more as of 12/1/2011)	8 & Unders (8 years old as of 12/1/2011)
September 18 – December 18 M,W,Th,F: Dryland 6:30 – 7:00 PM Pool Time 7:00 – 8:30 PM Saturday Pool Time 10:00-12 noon	September 18 – December 18 M,W: Dryland 6:45 – 7:00 PM Pool Time 7:00 – 8:00 PM Saturday Pool Time 10:00-11:00 AM

Practice Philosophy

The YMCA Swim Team will be built on a developmental coaching philosophy. The training program will be tailored to the physical and emotional development of the swimmer, and will incorporate a variety of techniques. The approach will be a highly motivational one that focuses on individual improvement. The practice attendance expectations will be communicated by the coaching staff. THY relies upon a cooperative effort between the YMCA coaching staff, the swimmer and the swimmer's parent/guardians.

Practice Assignments are made by the coaches. Practice assignments are based on the age and capacity of each child to handle a given amount of work. Confer with the coach for any question, variation or exception regarding your swimmer's practice routine.

Getting Out Early: If there is a valid reason a swimmer needs to leave practice early, (dentist, doctor, etc.) the coaches request that a note be sent with the swimmer. The coaches are responsible for your child at the assigned practice time and want to make sure he/she will be released with your knowledge and into your care.

Arriving Late: Every effort must be made to have the swimmer arrive for practice on time. The swimmers need to be ready to dive in the water at the scheduled time or begin dryland in the designated dryland area.

This is very important to the continuity of practice. Coaches must be notified if there is some reason the swimmer will be late. IF YOUR CHILD ARRIVES LATE TO PRACTICE, PLEASE WALK THEM TO THE COACHES SO THAT WE KNOW THEY HAVE ARRIVED AT PRACTICE. Likewise, parents, please be prompt when picking up your child after practice.

Practice Attendance

THY does not have mandatory attendance guidelines for swimmers. The age group coaching staff will work hard to allow for flexibility with our athletes. We understand that our athletes are still in a developmental stage and participation in other sports and activities is typical. We recognize the importance, fitness, and fun that are involved in participating in other activities and sports. Our goal is to instill a passion for swimming ... and for swimming at THY in particular. We hope that this will lead to a desire to pursue excellence, rather than participation. THY age group swimming practices will be held five days a week. In order to take advantage of this training environment, every effort should be made to attend as many practices as possible. As long as we keep open lines of communication we will strive to do what is in the best interests of each individual swimmer. Please discuss with the THY coaches about reaching appropriate balance.

THY Age Group Practice Groups

All swimmers will practice together. The coaches place swimmers in lanes according to ability level and specialty. On occasion, a further sub division will occur into “**Stroke**” “**Sprint**” and “**Distance**” subgroups, with all of the age groupers being exposed to specific training in each stroke and various distances. For example, for part of the season, swimmers will rotate weekly through these 4 practice focuses: Sprint Free, Sprint IM/Stroke, Endurance IM/Stroke and Endurance Free and Coaches Choice. For the latter months of the season the above practice focuses are broken further into each of the four competitive strokes on a daily basis. The rotation is such that each focus falls on different days during a four week span.

Advancing to the Senior Group

Entry into the THY Senior group is based on recommendations from the Director of Competitive Aquatics in consultation with group coaches. Senior group members must be 13 years of age as of the December team travel meet. A rare exception may be if a 12 year old achieves a YMCA national qualifying time and will be preparing for YMCA National competition.

General Season Plan for Swimmer Development

We will stress both the biological/physiological and mental/psychological aspects of athlete development. It is important for not only coaches, but also swimmers and parents to understand the physiological development of the young athlete so that we may work together to maximize the potential of the swimmer.

Cycle I – Preseason and “Stroke Clinic” (September- Mid October): We will progress each week from Freestyle to Back to Breast to Fly to IM teaching stroke drills and technique training as well as starts, turns, and finishes. The goal is to lay the foundation for a successful season. There will be more “teaching” and development of technical skills. There will be a focus on developing good practice habits such as getting in on time, warming up/down, pace clock use, streamlining, starting and finishing at the wall, etc. We will implement a Dryland program which will emphasize translating muscular work to swimming velocity. Dryland will focus on land based aerobic work, abdominal training, the use of medicine balls (upon age and ability), stretch cords, jump ropes, and stretching. During this phase we will attempt to advance the swimmers and parents general knowledge and understanding. There will be a gradual improvement and maintenance of physical conditioning

Cycle II - Aerobic Development (October / Late December-January): The goal is to consolidate training and to lay the foundation to meet the physical demand requirements of the season. We will begin developing a “Base”. The toleration of increased levels of physical and mental endurance in order to meet challenging but realistic goal sets. More emphasis on specialty stroke drills and technique training will occur. Dryland will continue.

Cycle III - Anaerobic Development (November / Late January – Early February): Gradual shift from quantity intense training to quality speed work. Maximizing of specific training effects without undue fatigue. Aerobic “maintenance” work will still occur. All swimmers will focus on developing proper technique, pacing & racing

strategies for all strokes and distances. Specialization will not occur until later in the swimmers development. Dryland will continue.

Cycle IV - Race Specific Development (November- Early December / Late February - March): Development of the racing attitude with particular emphasis on specialty race technique (mental & physical). Improvement of tactical skills, starts, turns, finishes, pace judgment and race rehearsal. Relay Team bonding and technique work. Dryland will be phased out.

Cycle V - Taper (Early December / Late February or Early March): Recovery of physiological systems as the body commences the super compensation phase. Rest. final race rehearsal. Commitment to both the high quality efforts and the necessary rest, relaxation and nutritional components that are essential to the taper phase. No Dryland except stretching.

Competition (December / March): Go for it!

Re-tapering (e.g. Y States and J.O.'s) - After a successful taper, you may have to "retaper" for another meet which closely follows the original taper meet. For the first couple of practices we will move the aerobic yardage back up to 30-50 percent pre-taper yardage. We will then bump them up to full pre taper aerobic yardage for a couple of days. We will then start an abbreviated taper for the next meet relying on the same principles and belief systems which made the first taper work.

Recovery: Set mind on other interests. Post competition evaluation and assessment. Active recovery with non swimming light aerobic training.

Training and Training Categories

When looking at workouts you will occasionally notice "training categories." The coaches use a modified list of training categories to design workouts throughout the season plan. This includes is recovery work, where effort is undefined, and the swimmer's exertion level is very low; base endurance work, with a low to moderate effort level from swimmers; fast endurance work, with the swimmer exerting moderate to high amounts of effort but still able to sustain the same speed for the duration of a work set; sprint work, with the swimmer going as fast as possible, even if it results in a decrease in speed during a work set; and power work, with the swimmer exerting a maximum effort, but with a short duration of work and a long duration of recovery.

The THY Senior Group uses "Color Codes " to designate these training categories and the athletes given specific target heart rates and specific swimming intensities while working in a cyclical training plan.

If you would like to learn more about this please see the THY Senior Team Handbook. A simplified version is explained below. **We are targeting five "Training Adaptations":**

1. **Aerobic Endurance** – (Both Long basic endurance maintenance and "threshold" endurance .. the ability to sustain a sub-maximal pace for an extended period. We color code this **PINK & RED**. We **BELIEVE** in Learning how to do **PACE WORK**.
2. **Aerobic Power** -- VO2 max, maximum ability to consume oxygen. We color code this **BLUE**.
3. **Lactate Tolerance** – Lactate Tolerance, the ability to prevent large drops in pH when lactic acid accumulates, physiological (buffer capacity) and psychological (pain tolerance) factors. Work on swimming at Race Pace. We color code this **PURPLE**. **Lactate tolerance** sessions are far more intense and so need to be done in longer rest intervals (rest can be "active") so we can swim at or near **race – pace**.
4. **Anaerobic Speed** – Sprints, ability to reach and maintain maximum velocity. Important for our swimmers so we can that we reduce the "slowing effect" of endurance training. We color code this **GREEN AND YELLOW**. **Speed**, or lactate production allowing for rest (**Green – Yellow** , HR Max 32 +) sessions will be brief and intense.
5. **Recovery** – We must make sure we incorporate the principles of recovery during our high volume and intensity phases. We color code this **WHITE**.

Most of the Age Group Training will occur in the Pink, Red and Blue Training Categories

Parents...Your Athlete Needs You

To have a successful program there must be understanding and cooperation among parents, swimmers and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the YMCA Swim Team and reacquaint yourself with this section if you are a returning YMCA parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/her child's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The Coach is the Coach!

We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and often times insurmountable confusion as to whom the swimmer should listen. If you have a problem, concern, or complaint, please contact the coach.

Best Kind of Parent:

The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Not every time:

Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season, times should improve. Please be supportive of these "poor" meets. Swimmers may have only two or three meets a year for which they will be rested and tapered.

YMCA Swim Team Parents Support Association

The purpose of the YMCA Swim Parents Support Association is to support a program of competitive swimming, thus providing an opportunity for children of all ages to develop in this program. All parents of YMCA swimmers are also members of the Association. The Parents Association has a general membership meeting periodically. These are announced in advance and all parents are encouraged to attend. The Executive Committee is elected every September and meets every month. Parents who are interested in becoming members of the Executive Committee should contact a coach or any committee member. To support the YMCA Swim Team the Parents Association generates revenue through various fund-raisers and special events. This money is used to fulfill our budget needs for the year.

The Coaches

The YMCA Swim Team Coaching staff is a dedicated group of professionals. They have both formal and experiential training in competitive aquatics.

Nicole Glace Skinner – Head Age Group Coach:

Nicole Glace-Skinner has been a dedicated swim coach for the past fourteen years. Developing a love for the sport at an early age, Nicole served as the assistant coach and eventually the head coach for the Phoenix Swim Club Junior Team from 1995 to 2005 for a total of ten years of coaching in the Lower Bucks Swim League. Aside from her experience as both a swimmer and coach for the Phoenix Swim Club, Nicole was an accomplished club swimmer for several USA club teams around Bucks County and was a qualifying swimmer for the Nazareth Academy Swim Team in Philadelphia for the years 1996 to 2000. Nicole is knowledgeable in and out of the pool as shown in her attainment of a Bachelors of Science Degree in Biology from Gettysburg College and is currently employed as a scientific researcher in Princeton. Combined with her enthusiasm and experience, Nicole's loyalty to her commitments and attentiveness to her athletes' needs gives her the coaching edge needed for success. Upon her college graduation in 2004, Nicole took a coaching position on the Tri-Hampton YMCA Swim Team and has been integral member of the senior staff for the past five years. Nicole is a fully accredited YMCA and USA swimming coach and her philosophy is to work hard and have fun.

Heather Jorris – Director of Competitive Aquatics:

Heather's 20+ years working in the fitness industry and numerous personal athletic achievements have created in her a lifelong passion for fitness and coaching/training. Heather is in her fourth season as Head Coach of the Lower Makefield Township Swim and Dive Team and was an assistant coach for 3 seasons prior to this. Heather's other swim coaching experience includes coaching age group swimmers as an assistant for the Pennsbury Aquatic Club, coaching a summer league team in Northern Virginia and creating and directing a beginner swim program on the island of Guam. Heather also coached Masters swimmers in Honolulu and at the Newtown Athletic Club, and has directed and coached triathlon/cycling/ run training programs for over 12 years. Heather graduated from Penn State University with a BS in Exercise and Sports Science. Upon graduation, Hawaii was home to Heather for 10 years. In Honolulu, Heather was as a Personal Trainer, Fitness Center Director, Personal Training Director, Triathlon and Marathon Coach, and Group Exercise Director for the largest fitness club in Hawaii. Heather also worked as a Physical Therapy Assistant in Honolulu and relocated with her family to Pennsylvania in August 2001. Heather competed as a Professional triathlete from 1998-2007 and currently competes on The Accelerade Philadelphia Elite Triathlon Team in national and international competitions. She was an age group champion at the Hawaii Ironman World Championships where she has qualified and competed 7 times, placing among the top 25 overall females twice. Placing Top 10 overall in numerous International Ironmans and Top 5 in many Half Ironman competitions, Heather specializes in the distance swim races. Heather swam on the Varsity Swim Team at Penn State and ran for one year on the Penn State Varsity Cross Country team. Heather is the mother of two boys (ages 7 and 10) and currently teaches strength and Spinning classes at the Newtown Athletic Club, and during the winter months, organizes and coaches the Guys Bicycles Winter Training Series. Throughout the year, Heather teaches corporate fitness classes to companies in the Bucks County and Philadelphia areas.

Bill Ludwick – Head Senior Coach:

Erin Dunn – Assistant Coach (Age Group):

Erin Dunn has been coaching with THY since 2005 and has been an integral part of the THY coaching staff. Erin is a certified USA Swimming and YMCA swimming coach. She has been a successful competitive swimmer most of her life and more importantly has a great rapport with our swimmers. Erin started her swimming career as an age grouper with the Suburban Aquatic League & NRG swimming where she was one of the MA region's finest swimmers. She was a 2007-2008 inductee into the Suburban Aquatic League Athletes Hall of Fame. Erin also was one of Bensalem High School's finest varsity swimmers and has been inducted into the Bensalem HS athlete's Hall of Fame. She competed in the collegiate ranks as a member of the Xavier (Ohio) University team and all four years was on the Commissioner's Honor Roll. She is currently working for the Philadelphia Flyers as an Account Executive.

Bill Bagdon – Assistant Coach (Age Group):

Bill Bagdon is a certified USA Swimming and YMCA swimming coach. Bill's primary responsibilities are to assist with THY's age group program. Bill is a graduate of the THY swim team and was a THY National team member competing in both summer and spring nationals. He was ranked in the MA top 10 for both the 1000 and 1650. Bill was a four -year varsity letter winner for the CR South H.S. swim team where he was a multiple District One qualifier, PIAA state qualifier and is the school record holder in the 500 yard free. Bill also was a collegiate swimmer prior to transferring to Temple University as a computer engineering major. Bill is a charismatic young coach who has a unique ability to connect with the THY age group swimmers.

Paul McKenzie – Assistant Coach (Age Group and Senior):

Paul has volunteered his time to help coordinate the age group program for YMCA as needed. Paul is a USA official and Masters swimmer. Paul played collegiate water polo at University of Pennsylvania.

Melanie Craig – Assistant Coach (Age Group):

Ed Heiner – Assistant Coach (Senior):

Will Wells – Assistant Coach (Senior):

Coach's Responsibilities

The coach's job is to supervise the age group swim program. The YMCA coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups/lanes. This is based on the age and ability of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group/lane by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the THY coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. The coaching staff will make the final decision concerning which meets swimmers may attend. The coaching staff also makes the final decision concerning into which events a swimmer is entered.
4. At meets, the coaching staff will conduct and supervise warm up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmer's performance. (It is the parents' job to offer love and understanding regardless of their youngster's performance.)
5. The building of a relay team is the sole responsibility of the coaching staff. It is the swimmer's responsibility to find out if he/she is in a relay. Relays are very important to THY and if a swimmer is chosen to swim on one he/she is expected to do so.

YMCA Swim Team Code of Conduct

As a YMCA Swim Team athlete, all swimmers must recognize and agree to conform to the following **Code Of Conduct** at all times while representing the YMCA Swim Team.

- Offer congratulations to my opponents, win or lose, and cheer on my teammates.
- Act and conduct myself with dignity and with respect for others and the property of others.
- Dress in a manner suitable to my position as a representative of the YMCA.
- Be humble in victory and courageous in defeat.
- Always teach and practice good sportsmanship.
- Be a responsible goodwill ambassador between the sport of swimming, the YMCA and the public.
- Promote positive high team spirit and morale.
- Cultivate in myself and encourage in all team members the virtues of patience, courage, justice, and sincerity.
- Strive to do my best, and encourage all team members to do the same.
- Deal justly, kindly, impartially, and intelligently with all of my fellow team members.

While taking part in any YMCA Swim Team function:

- I will not cause physical harm or threaten physical harm to a fellow team member, coach, or parent.
- I will not behave in a manner that in the opinion of the coaches or team representative is contrary to normally accepted behavior.

All swimmers must agree that violating any of these may cause me to be sent home, at my parents' expense, and subjects me to dismissal from the team. This **Code of Conduct** remains in effect as long as the swimmer is a member of the YMCA Swim Team.

YMCA Swimming Eligibility Guidelines

Must be in good standing as a member of the YMCA of the U.S.A.

Full privilege annual membership of the YMCA. **(Each Swimmer must join the YMCA)**

Be a member for a full 90 days prior to the first day of the National, District or State Championships.

Have represented **only** his/her local YMCA in an open competition during the current season (defined September 1–August 31). A swimmer may represent a team other than their YMCA or school team during the current season but before their eligibility period commences (30 days prior to competition for local meets, 90 days prior for District/Regional/State/National competition). This permits a swimmer, who has represented another team or whose family has relocated, to join and represent a YMCA team at Nationals, Districts or States, even if he/she has represented another non-YMCA team in competition since Sept. 1.

For National Championships swimmers must be 12 years of age and not over 21 years of age (if has not competed for a college team) as of the first day of National Championships.

In order to swim in National, District or State Championships Swim in **one YMCA Sanctioned Meet**, sanctioned by the National YMCA of America Competitive Swimming Committee and at least **three closed inter-association meets** contested on separate dates during the current year (Sept 1- Aug 31).

If swimming at YMCA Nationals or Districts, meet the **qualifying time** and provide certification of such. Certified USA and HS times can be used for qualifying times.

Have a physical within the last 12 months.

Competitive Age of the Swimmer

Under YMCA rules, the age of a swimmer is determined as of December 1 of the current swim season for that entire swim season. USA-S Technical Rules state that a swimmer's age is determined on the first day of any meet. For the present time, the December 1 eligibility date will remain in effect for dual, invitational and/or championship meets in the local leagues for YMCA meet.

Guidelines Regarding Summer League Competition for YMCA Swimmers

The YMCA of the USA Competitive Swimming and Diving Advisory Committee has established the following guidelines for YMCA teams and swimmers participating in summer league competition. YMCA teams may compete in summer league competition without affecting the eligibility of YMCA swimmers representing other teams in the summer league providing the following guidelines are met:

1. The summer league season runs between the dates of June 1 through August 31.
2. The summer league meets are closed to the teams in that summer league.
3. Summer league invitational's are closed to only teams representing summer leagues.
4. Non-YMCA teams in the league are strictly summer league teams that disband at the end of the summer season.

If there are no YMCA teams competing in a summer league YMCA swimmers may participate for non-YMCA summer league teams provided the league meets the above guidelines.

Trial Period

Every swimmer who is joining the team for the first time gets a 1-week trial period. If the child decides not to join the team you will not be obligated to pay for this trial period. If the child joins the team you will be billed for this time in the normal manner.

YMCA Membership

The YMCA fulfills its mission through caring relationships over time. A person cannot feel the full impact of a YMCA experience in an 8 or 16 week program experience. This is why the YMCA is a membership organization. A full privilege annual membership of the YMCA is required to participate in the YMCA Swim Team. This membership covers insurance, administrative fees and provides youth with additional activities.

What's It Cost?

Costs of participating on the Tri-Hampton YMCA AG Swim Team's 2011-2012 season include:

PROGRAM FEES: ***PLEASE NOTE*** The BCCC pool is scheduled to undergo extensive renovation in mid-December, 2011. We are in constant talks with the YMCA and BCCC to come to a solution for a pool to use for the remainder of the 2011-2012 year or to push back or hasten the renovation date/process. Because of uncertainty as to how this will affect us, we are only publishing **program fees through December, 2011**. (Typically, we publish program fees through Summer, 2012.) As the season gets underway, we will keep everyone informed of developments and will communicate the pricing and schedule for the remainder of the season (January – July).

9-12 Year Olds (9 as of 12/1/2011)	8 & Unders (still 8 as of 12/1/2011)
Total: \$400.00 (payable in 4 monthly installments of \$100.00) After initial preseason monthly dues of \$100, monthly payments are due on: Sept. 15, Oct. 15, Nov. 15	Total: \$200, payable in 4 monthly installments of \$50.00) After initial preseason monthly dues of \$50, monthly payments are due on: Sept. 15, Oct. 15, Nov. 15

Discounts: A 15% discount is offered on Program Fees to the 3rd and youngest family member registered with THY.

<input type="checkbox"/>	PARENTS ASSOCIATION FUND (\$40) Each family is automatically a member of the YMCA Swimming Parents Association and must pay \$40 per season to help finance the group's activities for the swimmers. All parents are required to volunteer to help with team fundraisers, special events and meet work assignments.
<input type="checkbox"/>	MEET FUND DEPOSIT (\$100 for 9-12 yr olds; \$50 for 8 & unders) Each swimmer deposits funds into a Meet Entry fund so that, as they are entered into swim meets, we have funds to cover the entry fees. If the swimmer participates in many meets and events, his/her fund balance will be drawn down quickly; you will be contacted to replenish the fund. Swimmers that don't participate in many meets/events may have a remaining balance that carries over into the next THY swim season. Contact Ann-Marie Delworth for your meet fund balance.
<input type="checkbox"/>	YMCA ANNUAL REGISTRATION (\$150 for a 12 & under child member; \$100 for 8 & unders) – Only payable by new swim team members, or if it's time to renew your yearly membership. Call the YMCA (215-579-6200) for information about family memberships or to arrange monthly credit card payments. Due to pool renovations and uncertainty of BCCC pool, the YMCA is allowing for monthly payments of the annual membership. Age group swimmers will pay \$15 a month, 8 year olds will pay \$10 a month.
<input type="checkbox"/>	USA SWIMMING REGISTRATION (\$60 and \$10.00 transfer fee – if applicable) This is a \$60 yearly fee paid in September. If you were a USA/MA swimmer for another club then a \$10 athlete transfer fee is also required. If you were never a USA/MA member or your membership has lapsed for more than a year then just the \$60 is required. (Swimmers joining after September incur a higher USA registration fee.)

Other costs:

- **Travel Expenses:** THY participates in a team travel meet every December (at Pittsburgh) and June (at Penn State). Participation is strongly encouraged. We recognize this means a financial commitment. But, these trips are special experiences for our swimmers. Costs may be partially offset by fund raising.
- **Individual Training equipment:** Swimmers must provide their own equipment such as athletic shoes for dryland, a lock, goggles, kick board, fins, stroke maker hand paddles (red, JR), pull buoys, aqua shoes for in water use, snorkel and mesh bag. Equipment mesh bags are stored for each individual swimmer at BCCC. Coaches can provide you with more information.
- **Team Apparel:** Team apparel order forms and team suit orders will be circulated in September. THY swimmers must wear a THY logoed cap in all competitions and either a solid black suit or solid black with blue piping (team suit) for females and solid black jammer or brief for males.

In order for the team to operate smoothly, every swimmer's financial obligations must be met and each team member must participate in fundraising efforts. This is a swim family and everyone must do their part and meet their financial obligations. .

The budget for the YMCA Swim Team includes: Pool rental, Coaches Compensation, Pool Equipment, Coaching Aids (Stretch Cordz Bands, Medicine Balls, Watches, etc), Administrative Costs, Team Registration Fees, Miscellaneous Fees and Insurance.

All parents are required to work the team's fund raisers and special events and help with our team's work assignments at Middle Atlantic and YMCA sponsored meets in which your swimmer is attending. Each family is automatically a member of the YMCA Swimming Parents Support Association and will be billed \$40.00 to help finance the groups many activities for the swimmers.

Note: Payments MUST be received by the YMCA on time in order for swimmers to participate in practice or meets. Please see Heather if there are extenuating circumstances or financial hardship and speak with membership at Chandler Hall. This is a YMCA program and the YMCA is committed to its members and their continued participation in programs. The YMCA **will** work with any family needing assistance due to extenuating circumstances or financial hardship provided they are aware of the situation.

YMCA PAYMENT AND CREDIT POLICY

Membership fees and program fees are not refundable. Program fees will be credited/refunded if the YMCA cancels a program or the following withdrawal procedures are followed no exceptions.

1. Notice of withdraw from the team **must** be in writing and received 30 days prior to last day of practice.
2. If notice is given prior to the beginning of program, 100% of the paid monthly program fee less a \$10 service charge will be issued.
3. If 30 day notice is given in writing, the resigning swimmer will not be responsible for the monthly program payment fees after the month the swimmer is withdraw from the team becomes effective. For example, if notice is give in writing and the final practice date is in Jan, the swimmer is responsible for all monthly program fee payments up to **and** including Jan.
4. A resigning swimmer forfeits any remaining meet funds and parent fund deposits.

Tri-Hampton YMCA Swim Team

2011-2012

Volunteer Sign Up Sheet

As a volunteer run organization we depend on our parents and swimmers to volunteer time to help with our many fundraising activities, swim meet worker obligations and our yearly civic duty volunteer activity. Our fundraising activities are used to help support the team, and offset travel cost for team travel meets. Please take a moment and review the many opportunities that you can assist with to help our team. Kindly mark at least two areas where you feel comfortable in assisting. Volunteerism is critical to the success of our team. Thank you in advance.

Parent Organization Head Advisor: PAUL MCKENZIE

Finances and Treasurer: LORI MCKENZIE (SR) and ANN MARIE DELWORTH (AG)

Fundraising: KATHY FABBRI and CHERYL GIMBEL

Team Travel: CHRIS NAGLICH

Meet Entries and Registration: HEATHER JORRIS and JOANNE CRAIG

Team Apparel: LAURA FALCON

Event Planning:

Meet Worker Coordinator/Volunteer Hours: MICHELLE HANLON

_____ Learn Travel Coordinator responsibilities

_____ Learn Treasurer's responsibilities

_____ Learn Registrar/Meet Entry Coordinator responsibilities

_____ Hosting Pasta Party or Christmas Party

_____ Decorating Cars and Rooms for Travel meets

_____ Coordinating team Halloween party

_____ Coordinating timers for meets

_____ Coordinating/Assisting with team fundraising

_____ Coordinating/Assisting with the Team Banquet (April)

_____ Supervising the Holiday Giving Tree shopping and wrapping

_____ Organize and report monthly parent volunteer hours for YMCA

_____ Assist with team apparel

_____ Other: _____

ANY AND ALL NEW IDEAS ARE WELCOME!

Name: _____

Phone Number: _____

Email: _____

2011 Age Group Qualifying Standards

2011 YMCA PA East District Qualifying Times

Note: for 2011, the top 12 individual event finishers and the Top 9 relay finishers will advance to the PA East-West championship
 East Districts: March 12-13, 2011, LaSalle University
 East-West (PA States): March 19-20, 2011, Penn State University

Cadet (10 & Under)

Event	Girls	Stroke	Boys	Event
1	2:38.00	200 Yard Medley Relay	2:45.00	2
3	33.50	50 Yard Freestyle	34.50	4
5	1:24.00	100 Yard Individual Medley	1:28.00	6
7	38.00	50 Yard Butterfly	40.50	8
9	1:15.50	100 Yard Freestyle	1:18.00	10
11	40.00	50 Yard Backstroke	41.00	12
13	45.00	50 Yard Breaststroke	46.00	14
15	2:20.00	200 Yard Freestyle Relay	2:22.50	16

Prep (11-12)

Event	Girls	Stroke	Boys	Event
17	2:19.00	200 Yard Medley Relay	2:23.00	18
19	2:25.00	200 Yard Freestyle	2:28.00	20
21	29.00	50 Yard Freestyle	30.80	22
23	2:40.00	200 Yard Individual Medley	2:47.50	24
25	33.00	50 Yard Butterfly	36.00	26
27	1:04.50	100 Yard Freestyle	1:08.00	28
29	35.00	50 Yard Backstroke	37.00	30
31	38.50	50 Yard Breaststroke	41.00	32
33	2:03.00	200 Yard Freestyle Relay	2:07.00	34

2011 SPY Winterfest Qualifying Times University of Maryland – Jan. 8 & 9, 2011

SATURDAY PM, JANUARY 16, 2010

WOMEN'S		MEN'S	
EVENT#	Q.T.	EVENT	EVENT#
31	NT	10&U 200 Med. Relay	32
33	NT	11-12 200 Med. Relay	34
35	2:50.89	10&U 200 Free	36
37	2:20.79	11-12 200 Free	38
39	40.59	10&U 50 Back	40
41	35.59	11-12 50 Back	42
43	1:25.99	10&U 100 IM	44
45	38.59	11-12 50 Breast	46
47	46.59	10&U 50 Breast	48
49	1:18.99	11-12 100 Fly	50
51	1:40.09	10&U 100 Fly	52
53	29.49	11-12 50 Free	54
55	33.89	10&U 50 Free	56

SUNDAY PM, JANUARY 17, 2010

WOMEN'S		MEN'S	
EVENT #	Q.T.	EVENT	EVENT #
89	NT	10&U 200 Free Relay	90
91	NT	11-12 200 Free Relay	92
93	3:10.99	10&U 200 IM	94
95	2:38.99	11-12 200 IM	96
97	1:29.79	10&U 100 Back	98
99	1:16.09	11-12 100 Back	100
101	1:13.99	10&U 100 Free	102
103	1:04.99	11-12 100 Free	104
105	39.79	10&U 50 Fly	106
107	33.19	11-12 50 Fly	108
109	1:40.59	10&U 100 Breast	110
111	1:25.99	11-12 100 Breast	112
113	6:18.99	11-12 500 Free	114

Qualifying Standards Elite Invitational 2011

Girls Event #	SCM	LCM	SCY	Friday Events	SCY	LCM	SCM	Boys Event #
1	2:51.19	2:53.29	2:33.39	200 Back 11/12	2:35.39	2:54.59	2:51.39	2
3	1:21.39	1:24.49	1:13.69	100 Breast Senior	1:04.99	1:15.19	1:11.89	4
5	1:24.89	1:27.39	1:15.99	100 Breast 13/14	1:12.79	1:22.39	1:20.79	6
7	42.19	42.99	37.99	50 Breast 11/12	38.49	43.49	42.69	8
9	2:18.89	2:20.59	2:04.39	200 Free Senior	1:53.39	2:10.59	2:05.29	10
11	2:21.09	2:22.89	2:06.39	200 Free 13/14	2:00.79	2:18.09	2:14.89	12
13	1:09.09	1:10.39	1:01.89	100 Free 11/12	1:01.99	1:10.19	1:08.89	14
15	1:11.29	1:12.29	1:04.49	100 Fly Senior	56.89	1:04.49	1:02.89	16
17	1:14.09	1:14.59	1:06.39	100 Fly 13/14	1:04.39	1:12.69	1:11.89	18
19	35.29	36.09	31.79	50 Fly 11/12	32.39	36.69	35.99	20
21	2:37.69	2:40.59	2:21.29	200 IM Senior	2:07.19	2:27.79	2:20.59	22
23	2:40.19	2:43.09	2:23.49	200 IM 13/14	2:17.99	2:37.89	2:34.09	24
25	2:50.99	2:54.09	2:33.19	200 IM 11/12	2:36.69	2:57.49	2:53.99	26
33	9:58.59	10:10.09	11:23.99	1000 Free Senir*	10:36.19	9:34.09	9:16.79	34
	10:36.79	10:47.99	12:07.59	1000 Free 13/14 *	11:43.89	10:31.29	10:15.99	
	11:44.79	11:57.49	13:25.29	1000 Free 11/12 *	13:00.49	11:49.09	11:23.09	
35	1:45.19	1:47.29	1:34.79	100 Breast 10/Un	1:35.79	1:47.29	1:45.39	36
37	2:53.59	2:57.99	2:36.39	200 Free 10/Und	2:38.39	2:58.99	2:55.39	38
39	41.39	42.19	37.29	50 Fly 10/Under	37.79	42.69	41.89	40
41	1:30.19	N/A	1:21.19	100 IM 10/Under	1:23.19	N/A	1:32.39	42
Girls Event #	SCM	LCM	SCY	Saturday Events	SCY	LCM	SCM	Boys Event #
45	2:30.79	2:32.69	2:15.09	200 Free 11/12	2:17.89	2:34.99	2:31.99	46
47	5:32.79	5:42.09	5:01.19	400 IM Senior	4:31.29	5:11.99	4:59.79	48
49	5:45.49	5:52.39	5:11.19	400 IM 13/14	5:02.89	5:43.09	5:36.29	50
51	1:19.19	N/A	1:11.29	100 IM 11/12	1:12.49	N/A	1:20.49	52
53	29.99	30.49	26.79	50 Free Senior	23.79	27.39	26.59	54
55	30.29	30.89	27.09	50 Free 13/14	25.09	28.89	28.09	56
57	1:31.19	1:33.59	1:21.69	100 Breast 11/12	1:22.69	1:33.99	1:31.79	58
59	2:55.59	3:01.19	2:38.89	200 Breast Senior	2:21.49	2:43.29	2:36.29	60
61	3:04.29	3:08.29	2:45.99	200 Breast 13/14	2:37.29	2:57.99	2:54.99	62
63	37.29	38.09	33.59	50 Back 11/12	33.99	38.69	37.79	64
65	1:12.29	1:15.19	1:05.49	100 Back Senior	58.09	1:07.69	1:04.09	66
67	1:13.99	1:14.99	1:06.29	100 Back 13/14	1:04.29	1:12.79	1:11.39	68
69	3:04.29	3:07.59	2:46.69	200 Fly 11/12	2:48.69	3:05.59	3:02.29	70
71	4:58.59	4:54.49	5:29.49	500 Free Senior	5:04.49	4:36.39	4:26.49	72
73	4:56.09	5:02.19	5:38.39	500 Free 13/14	5:30.09	4:58.79	4:48.79	74
75	5:16.39	5:22.89	6:01.59	500 Free 11-12	6:05.99	5:26.49	5:20.29	76
83	3:15.49	3:21.59	2:56.99	200 IM 10/Under	2:58.99	3:22.59	3:17.39	84
85	35.09	35.79	32.09	50 Free 10/Under	32.59	37.79	36.29	86
87	1:31.29	1:33.09	1:22.19	100 Back 10/Und	1:23.19	1:35:59	1:32.79	88
89	46.99	47.89	42.49	50 Breast 10/Und	43.49	49.19	48.29	90
Girls Event #	SCM	LCM	SCY	Sunday Events	SCY	LCM	SCM	Boys Event #
93	6:23.59	6:28.39	5:43.69	400 IM 11/12	5:43.69	6:28.79	6:23.59	94
95	2:34.09	2:39.39	2:19.39	200 Back Senior	2:05.19	2:25.19	2:18.29	96
97	2:39.19	2:41.19	2:22.49	200 Back 13-14	2:19.49	2:37.99	2:34.89	98
99	1:20.29	1:21.29	1:11.89	100 Back 11/12	1:13.09	1:23.79	1:21.19	100
101	1:03.09	1:05.09	57.39	100 Free Senior	51.89	59.89	57.39	102
103	1:04.99	1:06.19	58.09	100 Free 13/14	55.69	1:03.59	1:02.19	104
105	31.59	32.19	28.29	50 Free 11/12	28.39	32.29	31.59	106
107	2:32.69	2:35.59	2:18.19	200 Fly Senior	2:04.19	2:23.29	2:17.29	108
109	1:20.09	1:20.59	1:11.69	100 Fly 11/12	1:12.99	1:22.09	1:20.49	110
111	2:44.99	2:47.19	2:28.59	200 Fly 13/14	2:22.29	2:40.79	2:37.99	112
113	3:21.19	3:24.79	3:00.19	200 Breast 11/12	3:00.19	3:24.99	3:15.99	114
115	18:52.09	19:26.39	18:58.69	1650 Free Senr*	17:41.09	18:13.29	17:34.89	116
	20:05.09	20:39.79	20:12.19	1650 Free 13/14*	19:39.49	20:14.39	19:32.59	
	22:15.19	22:59.89	22:22.99	1650 Free 11/12*	21:47.59	22:31.29	21:39.99	
117	1:18.69	1:20.29	1:10.69	100 Free 10/Un	1:12.29	1:22.59	1:20.19	118
119	1:36.59	1:38.49	1:26.99	100 Fly 10/Under	1:27.99	1:39.19	1:37.59	120
121	42.79	43.59	38.49	50 Back 10/Under	38.99	44.09	43.29	122
123	5:57.49	6:04.59	6:53.59	500 Free 10/Unde	6:54.59	6:05.19	5:58.09	124

* This is a Timed Final event, swim combined but scored separately. Positive Check-in is required to be seeded. The top eight seeded swimmers will swim the event in the evening Finals session. Remaining swimmers will swim in Prelim session, fastest to slowest. Swimmers at prelims must provide their own timer and counter.

2011 Middle Atlantic Junior Olympic Championship Qualifying Time Standards

GIRLS 13-14

LCM	SCM	SCY	13-14	BOYS 13-14	SCM	LCM
31.59	30.19	27.19	50 Free	25.49	28.49	30.69
1:09.29	1:04.89	58.59	100 Free	55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:17.89	2:24.99
5:14.59	5:02.49	5:46.19	400/500 Free	5:33.09	4:51.49	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:50.99	2:41.69	2:24.69	200 Back	2:19.49	2:35.99	2:42.99
1:30.09	1:24.89	1:16.49	100 Brea	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Brea	2:36.29	2:52.69	3:02.39
1:17.59	1:14.29	1:06.69	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:22.29	2:37.19	2:41.59
2:47.39	2:40.19	2:23.49	200 IM	2:18.99	2:35.19	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.39	5:34.19	5:46.79

GIRLS 11-12

LCM	SCM	SCY		BOYS 11-12	SCM	LCM
33.29	31.69	28.29	50 Free	28.09	31.19	33.09
1:13.59	1:08.39	1:01.19	100 Free	1:01.19	1:08.09	1:11.59
2:39.69	2:30.39	2:14.49	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:13.79	5:59.29	400/500 Free	6:01.09	5:15.79	5:30.89
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	1500/1650 Free	21:35.89	21:28.39	22:27.89
39.09	36.69	32.99	50 Back	33.29	36.79	38.79
1:26.29	1:20.49	1:11.39	100 Back	1:12.09	1:19.69	1:24.09
3:00.69	2:51.59	2:35.09	200 Back	2:33.79	2:49.99	3:01.59
43.19	41.29	37.09	50 Breast	37.59	41.39	43.69
1:33.79	1:30.19	1:20.79	100 Brea	1:21.29	1:29.79	1:33.89
3:23.69	3:15.89	2:57.29	200 Brea	2:52.99	3:11.09	3:21.19
36.79	35.19	31.59	50 Fly	31.89	35.29	36.79
1:24.09	1:20.79	1:12.39	100 Fly	1:12.49	1:20.19	1:23.09
3:07.89	3:01.99	2:44.69	200 Fly	2:38.29	2:54.89	3:02.19
N/A	1:18.99	1:11.09	100 IM	1:11.39	1:19.39	N/A
3:00.19	2:52.89	2:34.69	200 IM	2:35.19	2:52.59	2:58.09
6:20.09	6:15.39	5:38.09	400 IM	5:36.69	6:11.99	6:24.29

GIRLS 10/Under

LCM	SCM	SCY		BOYS 10/Under	SCM	LCM
38.49	35.79	31.99	50 Free	31.89	35.69	36.79
1:21.89	1:18.29	1:10.39	100 Free	1:10.19	1:17.59	1:21.59
2:59.89	2:52.79	2:36.39	200 Free	2:37.39	2:53.79	3:00.39
6:05.39	5:54.39	6:49.39	400/500 Free	6:50.59	5:55.59	6:06.59
43.69	41.69	37.49	50 Back	37.79	42.09	44.69
1:35.49	1:29.89	1:21.19	100 Back	1:21.69	1:30.19	1:34.69
48.79	46.49	41.99	50 Breast	42.99	47.79	48.99
1:47.49	1:43.19	1:33.39	100 Brea	1:34.09	1:44.49	1:46.99
42.09	41.19	36.99	50 Fly	36.69	40.49	41.49
1:39.69	1:34.19	1:25.79	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:30.39	1:21.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:14.29	2:54.99	200 IM	2:56.29	3:16.09	3:20.89

2011 Junior Olympic Bonus Standards

GIRLS 10/Under

LC	SCM	SCY		SCY	SCM	LC
:38.49	:36.29	:32.49	50 Free	:32.39	:36.19	:36.79
1:21.89	1:19.29	1:11.39	100 Free	1:10.79	1:18.19	1:21.59
3:00.49	2:53.59	2:37.39	200 Free	2:38.39	2:55.39	3:01.39
6:07.39	5:57.49	6:53.09	500 Free	6:54.59	5:58.09	6:08.79
:43.69	:42.19	:37.99	50 Back	:38.29	:42.59	:44.69
1:35.49	1:30.89	1:22.19	100 Back	1:22.69	1:31.19	1:35.69
:49.29	:46.99	:42.49	50 Breast	:43.49	:48.29	:49.49
1:47.49	1:43.19	1:33.39	100 Brea	1:35.79	1:45.39	1:47.29
:42.09	:41.19	:36.99	50 Fly	:36.69	:40.49	:41.49
1:39.69	1:35.09	1:26.69	100 Fly	1:27.19	1:36.79	1:38.69
N/A	1:31.39	1:22.29	100 IM	1:21.49	1:29.79	N/A
3:23.59	3:17.49	2:56.99	200 IM	2:58.29	3:18.49	3:24.59

BOYS 10/Under

GIRLS 11-12

LC	SCM	SCY		SCY	SCM	LC
:33.59	:31.99	:28.59	50 Free	:28.29	:31.39	:33.09
1:13.59	1:08.49	1:01.29	100 Free	1:02.19	1:09.09	1:11.59
2:39.69	2:32.09	2:16.19	200 Free	2:16.89	2:31.19	2:36.19
5:32.29	5:18.79	6:04.29	400/500 Free	6:06.09	5:20.29	5:30.89
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	1500/1650 Free	21:35.89	21:28.39	22:27.89
:39.19	:36.79	:33.09	50 Back	:33.79	:37.59	:38.79
1:26.29	1:20.49	1:11.39	100 Back	1:13.09	1:20.69	1:24.09
3:00.69	2:53.59	2:37.09	200 Back	2:34.79	2:50.99	3:02.59
:43.19	:41.79	:37.59	50 Breast	:37.69	:41.49	:43.69
1:33.79	1:30.19	1:20.79	100 Brea	1:21.29	1:29.79	1:33.89
3:23.69	3:16.29	2:57.69	200 Brea	2:54.99	3:13.09	3:23.19
:36.79	:35.69	:32.09	50 Fly	:31.89	:35.29	:36.79
1:24.09	1:21.79	1:13.29	100 Fly	1:12.49	1:20.19	1:23.09
3:09.89	3:04.29	2:46.69	200 Fly	2:42.29	2:58.49	3:06.19
N/A	1:19.79	1:11.89	100 IM	1:11.89	1:19.89	N/A
3:00.19	2:54.89	2:36.69	200 IM	2:36.69	2:53.09	2:58.09
6:42.49	6:31.89	5:54.59	400 IM	5:40.69	6:15.99	6:28.29

BOYS 11-12

GIRLS 13-14

LC	SCM	SCY		SCY	SCM	LC
:31.89	:30.49	:27.49	50 Free	:25.49	:28.49	:30.69
1:09.29	1:04.89	:58.59	100 Free	:55.59	1:01.89	1:06.39
2:28.59	2:23.69	2:08.59	200 Free	2:03.59	2:17.89	2:24.99
5:16.59	5:04.49	5:48.69	400/500 Free	5:35.09	4:53.29	5:06.29
10:47.99	10:36.69	12:07.59	800/1000 Free	11:43.89	10:15.99	10:31.29
20:39.79	20:05.09	20:12.19	1500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.09	1:07.69	100 Back	1:04.89	1:11.69	1:15.59
2:51.99	2:42.69	2:25.69	200 Back	2:19.69	2:34.19	2:42.99
1:30.09	1:25.89	1:17.49	100 Brea	1:12.29	1:19.89	1:23.59
3:11.99	3:03.69	2:45.99	200 Brea	2:37.29	2:54.99	3:03.39
1:17.59	1:14.89	1:07.39	100 Fly	1:04.09	1:10.79	1:12.69
2:49.59	2:44.19	2:28.59	200 Fly	2:24.29	2:39.19	2:43.59
2:48.39	2:41.79	2:24.79	200 IM	2:20.49	2:35.99	2:44.59
6:03.19	5:54.79	5:17.49	400 IM	5:02.89	5:34.69	5:46.79

BOYS 13-14

2009-2012 National Age Group Motivational Times Short Course Yards

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
10 & Under Girls							10 & Under Boys					
39.79*	35.99*	32.19*	30.89*	29.59*	28.29*	50 Y Free	27.99*	29.19*	30.39*	31.59*	35.19*	38.89*
1:31.29*	1:21.59*	1:11.89*	1:08.69*	1:05.39*	1:02.19*	100 Y Free	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79
48.79*	43.49	38.09*	36.39	34.59	32.79	50 Y Back	32.79*	34.59*	36.49*	38.29*	43.69*	49.19*
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Back	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:32.09*	1:42.89*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.49*	38.39*	40.29*	42.19*	47.89*	53.59*
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	100 Y Breast	1:19.79*	1:23.79*	1:27.79*	1:31.79*	1:43.69*	1:55.69*
48.79	42.99	37.29	35.29	33.39	31.49	50 Y Fly	31.29	33.09	34.89	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Fly	1:10.79*	1:15.69*	1:20.59*	1:25.59*	1:40.39*	1:55.19*
1:44.99*	1:33.79*	1:22.59*	1:18.89*	1:15.19*	1:11.49*	100 Y IM	1:10.89*	1:14.29*	1:17.69*	1:21.09*	1:31.19*	1:41.29*
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89
11-12 Girls							11-12 Boys					
34.29*	31.89*	29.49*	28.29*	27.09*	25.99*	50 Y Free	25.09	26.19	27.39	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.79*	57.39*	59.99*	1:02.69*	1:07.89*	1:13.09*
2:43.19*	2:31.49*	2:19.89*	2:14.09*	2:08.19*	2:02.39*	200 Y Free	1:59.19*	2:04.89*	2:10.49*	2:16.19*	2:27.49*	2:38.89*
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Free	5:19.09	5:34.29	5:49.49	6:04.69	6:35.09	7:05.49
15:00.29	13:55.99	12:51.69	12:19.49	11:47.39	11:15.19	1000 Y Free	11:07.59	11:39.29	12:11.09	12:42.89	13:46.49	14:50.09
25:16.19	23:27.89	21:39.59	20:45.49	19:51.29	18:57.19	1650 Y Free	18:43.09	19:36.59	20:30.09	21:23.59	23:10.49	24:57.49
39.59	36.79*	33.89*	32.49*	31.09*	29.69*	50 Y Back	28.99*	30.49*	31.99*	33.49*	36.49*	39.49*
1:27.99*	1:21.09*	1:14.19*	1:10.69*	1:07.29*	1:03.79*	100 Y Back	1:02.19	1:05.59	1:08.89	1:12.29	1:19.09	1:25.79
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.99*	2:16.49*	200 Y Back	2:13.79*	2:20.19*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
44.09*	40.89*	37.79*	36.19*	34.59*	33.09*	50 Y Breast	32.09*	33.79*	35.59*	37.29*	40.79*	44.29*
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breast	1:09.69*	1:13.29*	1:16.89*	1:20.49*	1:27.79*	1:35.09*
3:26.39*	3:11.69*	2:56.89*	2:49.59*	2:42.19*	2:34.79*	200 Y Breast	2:31.29*	2:38.49*	2:45.69*	2:52.89*	3:07.29*	3:21.69*
37.79*	35.09*	32.39*	31.09*	29.69*	28.39*	50 Y Fly	27.59*	29.09*	30.59*	32.09*	35.19*	38.19*
1:27.19*	1:20.19*	1:13.19*	1:09.79*	1:06.29*	1:02.79*	100 Y Fly	1:01.09*	1:04.59*	1:08.19*	1:11.69*	1:18.69*	1:25.79*
3:04.99*	2:51.79*	2:38.59*	2:31.99*	2:25.39*	2:18.79*	200 Y Fly	2:15.89*	2:22.39*	2:28.79*	2:35.29*	2:48.29*	3:01.19*
1:26.29*	1:20.09*	1:13.99*	1:10.89*	1:07.79*	1:04.69*	100 Y IM	1:02.39*	1:05.39*	1:08.49*	1:11.49*	1:17.59*	1:23.69*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 Y IM	2:14.99*	2:21.79*	2:28.69*	2:35.59*	2:49.39*	3:03.09*
6:32.19*	6:04.19*	5:36.09*	5:22.09*	5:08.09*	4:54.09*	400 Y IM	4:47.79*	5:01.49*	5:15.19*	5:28.89*	5:56.29*	6:23.69*