

Mon Valley YMCA Swim Team Fall/ Winter Season 2021-2022

Program Dates

Start Date: Monday, September 13th 2021

Regular Season End Date: Friday, February 25th 2022

**Championship meet season to follow in March 2022 for qualified swimmers

Contact Information

Head Coach Liz Sprowls

sprowlse@monvalleymca.org

monvalleysharks@gmail.com

Program Fees

First Swimmer: \$280

Additional Swimmers (same household): \$260

High School Swimmer: \$168

Program fees must be paid in full by Friday, September 17th for swimmers to continue participating in practices.

**High school swimmer must be participating in a high school varsity swimming program to receive discount

Practice Times

Swimmers can attend practices as their schedule allows. Typically, a higher practice attendance yields more positive results. Attendance will be taken at the beginning of each practice. All practices will be held at the Mon Valley YMCA indoor pool.

Swimmers Aged 10& Under & New Swimmers

Monday- Friday 5-6pm

Returning Swimmers Aged 11+

Monday- Friday 6-7:30pm

**Swimmer's practice groups subject to change due to skill level. Swimmers must be able to swim 3 of the 4 competitive swimming strokes for a minimum of 50 yards before moving to the 6-7:30pm group.

Fall/ Winter Meet Schedule

There will be 5 Dual Meets during our Fall/ Winter season. Several Invitational Meets will be available for those who wish to attend.

**Swimmers are expected to attend all dual meets, the Mon Valley YMCA Odd Age Invitational, and the WPYSL League Championship Meet. If a swimmer is unable to attend notice needs to be provided to the coaching staff as soon as it is known.

Minimum Requirements

Swimmers must be able to swim 25 yards continuously and unassisted on the front and back. Testing will occur at the beginning of each practice during the week of September 13th 2021. Proper stroke technique is not necessary. Swimmers are encouraged to use goggles and swim caps. Girls should come wearing a one-piece swim suit. Male swimmers are more successful with a tighter fitting "jammers" suit, otherwise in swim trunks that have a tie at the waist. Swimmers must purchase a team suit and cap for competitions (not included in program fee).

Late Start Policy

Swimmers wishing to join the team after September 13th 2021 may participate in a trial period of 5 free practices. After the trial period has ended, program fees must be paid in full to return to practices. New swimmers may join the team up until December 31st 2021. Program fees will not be pro-rated based on start date.

Swim Team Payment Procedures

Mon Valley YMCA Swim Team program fees are payable in the Mon Valley YMCA Business Office. Payments can be made with cash, check, or credit card. All swim team program fees must be paid in full by Friday, September 17th 2021. Swimmers will not be permitted to participate in practices after Friday, September 17th until program fees have been paid.

Non-Member Policy

Non-Members of the Mon Valley YMCA are welcome to participate in the swim team trial period. If a decision is made to join the team at the end of one week, swimmers must also obtain a Mon Valley YMCA membership. According to YMCA policy, all swimmers must be a member in good standing of the YMCA they represent.