

Mon Valley YMCA Swim Team Summer Season 2022

Program Dates

Start Date: Monday, May 2nd 2022

End Date: Friday, August 5th 2022

Contact Information

Head Coach Liz Sprowls

sprowlse@monvalleymca.org

(724)-483-8077

monvalleysharks@gmail.com

MVYST Fees

Swim Team Program Fee: \$135

YMCA Membership Fee: \$15/month

Program fees must be paid in full by Friday, May 6th for swimmers to continue participating in practices.

New swimmers must attend trial practices and receive coach approval before registering.

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.

Beginner Group

Monday- Tuesday 5-6pm swim

Wednesday 5-6pm Dryland +6-7pm swim

Thursday 6-7pm

Friday 5-6:30pm (May- June 10th only)

Advanced Group

Monday-Wednesday 6-7:30pm swim

Thursday 5-6pm Dryland 6-7:30pm swim

Friday 5-6:30pm swim

** Friday practice will move to 7:30- 9:30am
for advanced swimmers only beginning
Friday, June 10th

**New swimmers will practice with the beginner group with the exception of new experienced competitive swimmers. Swimmer's practice groups are 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 advanced group.

Summer Meet Schedule

Summer dual meets are primarily scheduled on weeknights throughout June and July. Our team will be hosting an invitational meet in July this summer season. Additional, optional, invitational meets will be available on Saturdays and Sundays. If a swimmer is unable to attend a scheduled dual meet, 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 May 2nd 2022. Proper stroke technique is not necessary. Swimmers are encouraged to use goggles and swim caps (equipment available for purchase at the YMCA). For practices, 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. For competitions, female swimmers must wear a one-piece swim suit and male swimmers must wear "jammers" or "brief". The coaching staff is happy to assist parents with swimsuit purchases.

Late Start Policy

Swimmers wishing to join the team after May 6th 2022 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 anytime throughout the summer season. 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 for returning swimmers must be paid in full by Friday, May 6th 2022. Returning swimmers will not be permitted to participate in practices after Friday, May 6th until program fees have been paid. Program and membership fees for new swimmers are due upon completion of their 5th trial practice.

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