

Swim Team FAQs Summer '22

- How does the trial period work?** New swimmers must trial 5 practices for free and receive coach approval before registering for swim team. The coaches will evaluate the swimmer's ability during the trial period and determine if entry requirements are met. The trial week also gives new swimmers a chance to experience the day to day of competitive swimming before committing to the team if eligible. We prefer new swimmers attend our trial week (May 2nd-6th) if able or at least a day or two the first week. We LOVE getting new swimmers in the water early because the longer they have to get acclimated before we begin having meets, the better. We will accept new swimmers throughout the entirety of the summer season.
- What are the fees for swim team?** Our summer season dues are \$135. The \$135 fee must be paid at the time of registration. Additionally, swimmers must maintain a Mon Valley YMCA membership. Youth memberships are \$15/month family memberships are not required. The YMCA joining fee is waived for all swim team participants.
- What swim gear is required?** Female swimmers must have a one-piece swimsuit for competition, goggles, and a swim cap. Male swimmers must have a "jammers" type swimsuits for competition, goggles, and a swim cap if they have long hair. Our team suit and cap are not required for the summer swim season however, team caps can be purchase at the Y for \$10. The team has a swimoutlet.com/monvalleyymcasharks store where equipment can be purchased at reasonable prices. If you do purchase swimwear for practice from swimoutlet, please use the sizing guide. Swimsuits should fit snug without excess wrinkles or gaps. The swim team also has a select amount of equipment for purchase (goggles & caps).
- When are practices?** We hold practices Mon-Fri and swimmers are encouraged to come as often as they are able. Our summer schedule is as followed:

	Monday	Tuesday	Wednesday	Thursday	Friday
10& under	5-6pm	5-6pm	5-6pm Dryland 6-7pm Swim	6-7:30pm	5-6pm
11&up	6-7:30pm	6-7:30pm	6-7:30pm	5-6pm Dryland 6-7:30pm	5-6:30pm

*Beginning Friday, June 10th Friday practices will move to 7:30-9:30am and will be for advanced swimmers only.

- How often do you have competitions?** In the summer we have dual meets (our team + one other team) and invitational meets (10+ teams attending). Our team will host one invitational in July, and it is a "all hands on deck" situation. All swimmers & parents participate in running the meet. The remainder of our invitational meets are optional, but a higher attendance yields better performance results! Summer meets will begin in June. Summer dual meets are primarily on weeknights. Invitational meets are typically on Saturdays with an occasional meet on Sunday.

- **Are there additional fees for meets?** Dual meets have no cost, but at invitational meets you pay per race. These meets are run as a fundraiser for the host team and fees are typically \$4-5/ event with a \$5 surcharge added sometime if the facility is a rental.