



Mon Valley YMCA Swim Team Join Us For The Summer!

Start Date: Monday, May 5th 2025

End Date: Friday, August 8th 2025

MVYST Fees

- Swim Team Program Fee: \$180
- YMCA Membership Fee: \$15/month (youth 6-12)
\$25/month (young adult 13-23)
- Volunteer Deposit- \$100/ swimmer, \$200/ family (will be withdrawn from YMCA account at the end of the season if volunteer requirements are not met). No ghost check required.
- Returning swimmer program fees must be paid in full by the swimmers first attended practice
- Mon Valley YMCA membership joining fee is waived for swim team participants.
- New swimmers must attend trial practices and receive coach approval before registering.

Practice Times

Beginner Group

- Monday/ Wednesday 5-6pm dryland + 6-7:30pm
- Tues/Thurs 5-6pm swim
- Friday 5-6:30pm

Advanced Group

- Monday-Thursday 5-7:30pm
- Friday 5-6:30pm (May only)
- Friday practice will move to 7am-9am for advanced swimmers only beginning Friday June 13th

****New swimmers will practice with the beginner group except for new, experienced, competitive swimmers. Practice groups are subject to change throughout the season based on team size and swimmer abilities. Swimmers may attend practices as their schedule allows.**

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.

Contact Information

Head Coach -Liz Sprowls

sprowlse@monvalleymca.org
(724)-483-8077

MVYST Parent Group

monvalleysharks@gmail.com

Minimum Requirements

- Swimmers must be able to swim 25 yards continuously and unassisted on the front and back.
- Proper stroke technique is not required
- Trial week for new swimmers is Monday, May, 5th-Friday, May 9th 2025.
- New swimmers must attend 5 trial practices and receive coach approval before registering.

Late Start Policy

- Swimmers wishing to join the team after May 9th, 2025 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.

Attire

- 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".



Swim Team FAQ's

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 5th-9th) 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 \$180. The \$180 fee must be paid at the time of registration. Additionally, swimmers must maintain a Mon Valley YMCA membership. Youth memberships are \$15/month for age 5-12. Young adult memberships are \$25/month for age 13-23. 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. All swimmers must purchase the team caps for competitions. Team caps can be purchased at the Y. The team has a swimoutlet.com/monvalleyymcasharks store where swimwear and additional 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 at the YMCA (goggles & caps). Team spiritwear can be purchased at BeeGraphix <https://stores.inksoft.com/monvalleysharks/shop/home>.

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:

Beginner Group

- Monday/Wednesday: 5-6pm dryland+ 6-7pm swim
- Tues/Thurs: 5-6pm
- Friday: 5-6:30pm (May only)

Advanced Group

- All practices will resume between M-F 5-7:30pm (schedule adjusts each season and will be sent out to team)
- Friday: 7-9am (starting June when school is out)

*Beginning Friday, June 13th Friday practices will move to 7am-9am for advanced swimmers only. 5-6:30pm swim will remain for Beginner Group swimmers.

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 June, 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. Dual meets are primarily on weeknights while invitational meets are typically on Saturday or 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.