



Mon Valley YMCA Swim Team

Start Date: Monday, September 8th 2025

End Date: Friday, February 27th 2026

**Championships to follow in March for qualified swimmers*

MVYST Fees

- **Swim Team Program Fee**
 - \$290- First swimmer
 - \$270- Additional swimmers
 - \$180- High school swimmer (must currently participate in a high school swim program to qualify).
- **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- **Volunteer Deposit-** \$100/ swimmer, \$200/ family (will be withdrawn from YMCA account at the end of the season if volunteer requirements are not met).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- Friday 5-6pm

Flex Group

- Monday/Wednesday 6-7:30pm
- Tuesday/Thursday 5-6pm
- Friday 5-6:30pm

Advanced Group

- Monday/ Wednesday 6-7:30pm
- Tuesday/Thursday 5:30-7:30pm
- Friday 5-6:30pm

**** All new swimmers (with the exception of those with prior competitive swimming experience) will practice with the beginner group. Practice groups will be determined by the coaches following trial week. 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. Swim team prep encouraged.**
- **Coaches may direct new swimmers to the swim team prep program before tryout.**
- **Trial week for new swimmers is Monday, September 8th-Friday, September 12th 2025.**
- **New swimmers must attend 5 trial practices and receive coach approval before registering.**

Late Start Policy

- **Swimmers wishing to join the team after September, 12th 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.**
- **We will accept new swimmers until October 31st.**
- **Program fees will not be pro-rated based on start date.**

Attire

- **For practices, girls should come wearing a one-piece swim suit and hair tied back.**
- **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 competitive 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 entire trial week 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 through the month of October during our Fall/Winter season.

What are the fees for swim team?

Our Fall/Winter season dues are \$290. The program 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. Swimmers will also be required to purchase the team suit and cap.

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.com, 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).

When are practices?

We hold practices Mon-Fri and swimmers are encouraged to come as often as they are able. Our fall/winter schedule is as followed:

Beginner Group

- Monday- Thursday 5-6pm
- Friday 5-6:30pm

Flex Group

- Monday/Wednesday 6-7:30pm
- Tuesday/Thursday 5-6pm
- Friday 5-6:30pm

Advanced Group

- Monday/Wednesday 6-7:30pm
- Tuesday/ Thursday 5:30-7:30pm
- Friday 5-6:30pm

How often do you have competitions?

We have dual/tri meets (our team + one or two other teams) and invitational meets (10+ teams attending). Our team will host one invitational the first Saturday in November, and it is a "all hands on deck" situation. All swimmers & parents participate in running the meet. Winter season meets will begin in October. All meets will be held on Saturday and occasionally Sunday. Team participation at all dual/tri meets is expected. The remainder of our invitational meets are optional, but a higher attendance yields better performance results!

Are there additional fees for meets?

Dual meets have no cost, but at invitational meets have a fee 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.