



Sussex County YMCA Swim Swordfish Team



2018 LONG COURSE SEASON INFO SHEET

The Sussex County YMCA is offering a unique opportunity for swimmers to experience Long Course training and competition for swimmers (Coaches discretion) **age 11 to 18** our coaching staff is experienced, certified and dedicated to the sport. Our practices will be held at the following sites:

Sussex County YMCA (15 Wits End Road, Hardyston NJ 07419)
Lake Mohawk Pool (21 Lake Mohawk Country Club Boardwalk, Sparta Township NJ 07871)

Coaches for Long Course season will be Coach Ray & Coach Linda. Occasional substitute certified Coach when needed.

****We are pleased to be offering (once again) a "Stay in Shape" practice session that will run with the same schedule as below, however, will end on June 16th. This is an opportunity to allow our swimmers who may decide to compete with their summer league teams a chance to stay in shape leading into that season meets during the summer or join our summer team which starts on Monday June 19th. More information to follow regarding our Summer team.**

Space is limited so please register as soon as you can.

New Swimmers looking to swim Long Course:

We remain committed to accommodating as many swimmers on our team as we possibly can without sacrificing the quality of our program. In an effort to place any new swimmers on the LC team the qualifications to swim are as follows:

- Had to have been on a competitive swim team within the last year (2017)
- Be 11 & over.
- If you don't meet these requirements I strongly suggest signing up for our 8 week swim clinic which also starts on April 23rd and runs 3x a week.

Any new swimmers should:

- Download **Registration Form** from www.scymcaswordfish.org or www.sussexcountyyymca.org
- Bring in your completed form to our Welcome Center at the Sussex County YMCA.
- Space is limited; first come, first served...

YOU MUST REGISTER AHEAD OF TIME-AS SPACE IS LIMITED.

Competition Schedule

We do not have our full LC Competition Schedule at this time; however continue to check our website for updates. Here are some general guidelines:

YMCA & NJ Swimming Invitational's

There are also a myriad of invitational meets (with multiple teams attending) which offers swimmers the options of swimming additional events for times, which they can choose. We compete against other teams throughout New Jersey/New York & Connecticut.

Summer league meets:

All LC swimmers can also compete in our summer league meets and the Championship meet at the end of July. No additional fees are required to do this.

YMCA & NJ Swimming Championship Meets

Swimmers must make qualifying times to be eligible for a series of Championship meets, which begin in February and run through the beginning of April.

Our Competition schedule will be posted on our TeamUnify website at the beginning of the season. Team members will have the opportunity to sign up for meets directly online.

Fees

There are 3 categories of fees that need to be satisfied: YMCA Membership (including Joining Fee), Team Deposit, and Practice Group Fee. All fees must be paid at time of registration in order to reserve spot on the team.

YMCA Membership

Required for all YMCA programs, including swim team. (This is for any new members looking to join the YMCA)

<u>Membership Type</u>	<u>Monthly Draft</u>	<u>20/20</u>	<u>Joining Fee</u>	*(additional adult living in same household)
Youth (0-12)	\$22.00		\$25.00	
Teen (13-17)	\$30.00		\$25.00	
Young Adult (18-22)	\$41.50	\$33.00	\$25.00	
Adult (23-64)	\$53.00	\$42.40	\$25.00	
Senior (65 & up)	\$42.50	\$34.00	\$25.00	
Senior Couple (65 & up)	\$60.25	\$48.20	\$25.00	
Family*	\$85.50	\$68.40	\$50.00	
Family Plus *	\$15.00 addtl.	\$80.40		

Team Deposit

\$120.00 Non-Refundable Team Deposit for all groups. \$40 towards meet Entry Fees for season, t shirt, and more...

Practice Group Fees

Covers pool time and coaching for all practices from April thru July. (Final dates are determined by what championship meets each swimmer individually qualifies for. Season for some may extend into first week of August.)

All **LC Swimmers Full season** (14 weeks) \$525.0 Plus \$120.00 nonrefundable deposit. Total cost= 645.00

Deposit plus first payment due by 4/16/18 \$295.00 includes deposit.

2nd payment due- \$175.00 5/16/18.

3rd payment due \$175.00 6/16/18

Weekly cost is \$46.00 per swimmer

All "**Stay in Shape**" Shorter season (8 weeks) \$375.00 Plus \$60.00 nonrefundable deposit. Total \$435.00

Deposit plus first payment due by 4/16/18 \$ 185.00 (includes deposit)

2nd payment due by 5/16/18 \$125.00

3rd payment due by 6/16/18 \$125.00

Weekly cost per swimmer is \$54.00

Additional Costs

Some are additional costs throughout the season are team suits, gear, team photos, meet entry fees (in excess of the \$50.00 allotment), hotel and travel costs (for championship meets should swimmer qualify), etc. **Stay in shape swimmer's will have a \$30.00 allotment per swimmer towards meet fees.**

Answers to Frequently Asked Questions

- The age of our swimmers is 11-18 years old with different practice groups for age and ability levels.
- Our team participates in three different leagues: the Northern New Jersey YMCA Swim League, Northern New Jersey YMCA, and NJ Swimming (USA Swimming).
- Our coaches are ASCA, USA Swimming, and YMCA certified and are accomplished and dedicated to the sport.
- Our season runs from early late April to approximately end of July (depending on age and what championship meets your child qualifies for)
- Practices are five times a week, Most competitions are on the weekends.
- We require swimmers to maintain a minimum of 70% practice attendance.
- All swimmers must be members of the Sussex County YMCA.
- Parents are required to volunteer at a few meets as timers, etc. No experience necessary for most jobs. Generally Timers needed at meet
- Additional information, including tryout information, meets. coach biographies, and more can be found at www.scymcaswordfish.org.



LC 2018 REGISTRATION FORM (ONE FORM PER SWIMMER)
(11 & over only)

(Select one)

LC SEASON: _____ \$525.00 PLUS \$120.00 DEPOSIT

STAY IN SHAPE: _____ \$375.00 PLUS \$60.00 DEPOSIT

SWIMMERS NAME: _____

DATE OF BIRTH: _____

CURRENT AGE: _____

PARENTS NAME: _____

PARENTS EMAIL: _____

PARENTS CELL NUMBER: _____

T SHIRT SIZE: _____ (INDICATE YOUTH OR ADULT SIZE. EG.AS

First payment due by 4/16/18

LC SEASON: \$175.00 1st payment plus \$120.00 deposit total= \$295.00

STAY IN SHAPE: \$ 125.00 1st payment plus \$60.00 deposit total= \$185.00

Checks payable to: Sussex County YMCA

Signature to charge credit card on file: _____

Last four digits of card: _____

PLEASE RETURN THIS FORM TO THE WELCOME CENTER BY APRIL 17th

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Office use:

Family name: _____

Type of payment: _____

Amount: _____

Date received: _____