

PARENT VOLUNTEERS

The success of our team depends on active parent support. Parents and other friends of our team help by assisting at Home and Away meets with bringing in food items, officiating, timing, running cards, and other duties. *Please be prepared to volunteer throughout the season.*

MEET THE COACHES AND TRY-OUTS

Sun. September 19, 2010 at 5:00 pm
Sun. October 24, 2010 at 5:00 pm

Meeting to take place in the front lobby at 5:00 pm. Come to one of these times to learn about the YMCA Riptides, what's involved and meet the coaches. Open to ages 6-18 years, who know at least freestyle and back strokes, preferably the 4 competitive strokes. Parents meeting will start at 5:00 pm, with tryouts beginning at the conclusion of the meeting. If you swam last year and would like to try out for another squad, come to the try outs. If not you will be placed in the same squad as the previous year (depending on age) Once the squad is determined, the YMCA will place a outstanding balance on your account for cost of the squad. This can be paid online or at the front desk.

The front desk will be open from 5:00-7:00 pm for swim team registration only

FALL WARM-UPS

For competitive swimmers (6-18 years) Conditions swimmers for the upcoming season. Register now. Regular warm-ups is 10 classes, extended is 16 classes.

Regular fall warm-ups (9/28-10/30)

Tuesdays 7:15-8:15 pm
Saturdays: 12:30-1:30 pm

Fees for regular fall warm-ups:

Full Member: \$43.00
Basic Member: \$75.00
Non Member: \$107.00

Extended fall warm-ups (9/7-10/30)

Tuesdays 7:15-8:15 pm
Saturdays: 12:30-1:30 pm

Fees for extended fall warm-ups:

Full Member: \$69.00
Basic Member: \$120.00
Non Member: \$171.00

STROKE MECHANICS

This program should be attended by youth swimmers who are swimming on a team for the first time or who need serious stroke improvement. Not recommended for advanced swimmers. Regular is 4 classes, extended is 7 classes.

Regular stroke mechanics (10/1-10/22)

Friday: 7:30 – 8:30 PM

Fees for regular stroke mechanics:

Full Member: \$21.00
Basic Member: \$37.00
Non Member: \$53.00

Extended stroke mechanics (9/10-10/22)

Friday: 7:30 – 8:30 PM

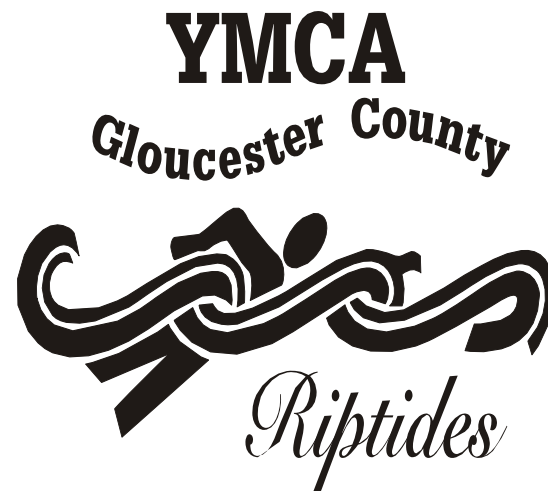
Fees for regular stroke mechanics:

Full Member: \$37.00
Basic Member: \$65.00
Non Member: \$93.00

Register

**Fall warm-ups and stroke mechanics
8/9/10 for full members & 8/16/10 for
basic and non members
online or in person.
www.ymcagloco.org**

2010-2011 Season



YMCA of Gloucester County
235 E. Red Bank Ave.
Woodbury, NJ 08096
(856) 845-0720
www.ymcagloco.org
www.riptideswimming.com

Contact Information:

call : (856) 845-0720

Anna Elson

email: aelson@ymcagloco.org or
website: www.riptideswimming.com



ABOUT THE TEAM

The YMCA of Gloucester County RIPTIDES Swim Team is designed for beginning as well as advanced swimmers (6-18 years old). As a 'Riptide' they will have the opportunity to develop into the best swimmer they can be, while learning to accept defeat as well as victory; getting along well with others; and becoming a responsible member of the RIPTIDES team.

Our goals for participants include

1. Developing Self esteem
2. Learning Team work
3. Accepting Responsibility
4. Having fun
5. Improving Health & fitness
6. Learning and practicing Character values
7. Improved speed & endurance.

Swimmers will work on stroke mechanics, times and endurance to suit their individual needs.

The team will swim in 5-9 dual meets of the South Jersey YMCA Swim League, and League Championships. Those who qualify may swim in NJ States and YMCA East Field Regional Championships.

COACHING STAFF

Andrew Green will be returning as Head Coach for his 3rd season. Let's welcome back Anna Elson as our assistant coach and new to the team this year is Michael Fischer who will be our stroke mechanics instructor.

MEMBERSHIP REQUIREMENTS

Full youth or family YMCA membership is required for all swimmers before practice begins.

Youth: \$204.00 (\$17.00/month)
Single Parent: \$480.00 (\$40.00/month)
Full Family \$576.00 (\$48.00/month)
(New Members – additional joiner fee)

This membership includes use of the Wellness Center, weight room, steam room and the gym and pool during scheduled hours. For youth some areas—weight & steam room and Wellness Center are restricted due to minimum age requirements. There are also discounted rates on YMCA programs for Full members.

SWIM TEAM FEE

A "team handbook" will be given once the deposit is received. Team fee covers dual meets, State & East Field Regional qualifying entry fee, practice expenses and team administrative costs. Swimmers are responsible for their personal equipment and Middle Atlantic Swimming registration fee, meet entry fees, & any MAS fines you may incur.

Squad Amounts:

Squad A-\$376.00
Squad B-\$348.00
Squad C-\$272.00

\$25.00 non-refundable for all swimmers must be paid prior to try-outs

2nd child --5% off Squad team fee, 3rd child - 10% off Squad team fee, & 4th child – 15%
**Fee balance due before practice begins;
Sorry there is no prorating.**

PAYMENT PLAN DRAFTING

Payment plans are available for an additional fee. Please contact Anna Elson to set up by October 24, 2010.

**1st payment is October 29
2nd payment is November 19
3rd payment December 17**

HIGH SCHOOL SWIMMER PACKAGE

This program is for High School swim team members who wish to compete on the YMCA of Gloucester County Riptides in addition to their own high school swim practice and swim meets.

Swimmers must be 16 years and currently enrolled in high school and swimming on their high school swim team. A letter from their High School Coach must be presented at the time of payment and kept on file for the Riptide Coaches. Swimmers must come to practice 1 x a week from November to February and all YMCA swim meets. Starting in March HS swimmers may attend all practices. Swimmers must maintain full YMCA membership during the duration of swim team in addition to all the fees. Joiner fees will apply for new memberships, or memberships lapsing over 30 days and a non refundable deposit of \$25.00 must be received before practice begins.

PRATICE TIMES:

Squad A:

Sun: 5:00-6:30pm, **Mon:** 8:30-9:30 pm (coaches choice) , **Tues:** 7:15-9:30 pm, **Wed:** 8:15-9:30 pm, **Thurs:** 8:15-9:30 pm
Fri: 8:00-9:30pm, **Sat:** 7:00-8:15am

Squad B:

Sun: 5:00-6:30pm, **Mon:** 8:30-9:30 pm (coaches choice) , **Tues:** 7:30-9:00 pm, **Fri:** 8:00-9:30 pm, **Sat:** 12:45-2:30 pm

Squad C:

Sun: 5:30-6:30pm, **Mon:** 8:30-9:30 pm (coaches choice) , **Tues:** 6:15-7:15 pm, **Wed:** 7:15-8:15 pm, **Fri:** 7:00-8:00 pm, **Sat:** 12:45-1:45 pm

Days and times are subject to change

MIDDLE ATLANTIC (USA) SWIMMING

Participation is recommended especially for the serious level swimmer who would like increased opportunities to swim against similar level swimmers and to extend the meet season. There is an additional fee to join and participate in USA Swimming.

