

# Regional YMCA of Western CT Mako Swim Team

## TENTATIVE PRACTICE SCHEDULE LONG COURSE 2010

### Early Spring Practice Schedule Beginning 4/19 - 6/11/10

Group	Age Range	Minimum Practices per week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	8U	2	4:15 - 5:30pm	5 - 6pm	4:15 - 5:30pm	n/a	4:15 - 5:30pm	n/a
Blue	10U	2	4:15 - 5:30pm	n/a	4:15 - 5:30pm	5 - 6pm	4:15 - 5:30pm	n/a
Age Group II	13U	3	5:30 - 6:30pm	n/a	5:30 - 6:30pm	5- 6pm	5:30 - 6:30pm	n/a
Age Group I	15U	3	6:30 - 8:00pm	5:00 - 6:30pm	6:30 - 8:00pm	5:00 - 6:30pm	6:30 - 8:00pm	n/a
Pre-Senior	14/o	4	3:00 - 4:30pm	6:30 - 8:00pm	3:00 - 4:30pm	6:30 - 8:00pm	3:00 - 4:30pm	n/a
Senior II	12 - 13	4	3:00 - 4:30pm	6:30 - 8:00pm	3:00 - 4:30pm	6:30 - 8:00pm	3:00 - 4:30pm	n/a
Senior I	14/o	5	3:00 - 4:30pm	3:00 - 5pm	3:00 - 4:30pm	3:00 - 5pm	3:00 - 4:30pm	7:30am - 9:00am (YMCA)
National Focus	13/o	6	3 - 5pm (Dive Shop)	3:00 - 5:30pm (YMCA)	3 - 5pm (Dive Shop)	3:00 - 5:30pm (YMCA)	3 - 5pm (Dive Shop)	6:30am - 9:00am (YMCA)

**All times include dryland and pool workouts - schedule is subject to change as needed - all indoor pools**

### Tentative Late Spring Practice Schedule Beginning 6/12<sup>(1)</sup> - 6/16/10<sup>(2)</sup>

Group	Age Range	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>INDOOR POOL</b>							
Silver / Blue	8U / 10U	4:15 - 5:30pm	5 - 6pm	4:15 - 5:30pm	5 - 6pm	4:15 - 5:30pm	n/a
<b>OUTDOOR POOL</b>							
Age Group 2	12U	5 - 6pm	5 - 6pm	5 - 6pm	5 - 6pm	5 - 6pm	n/a
Age Group 1	15U	5 - 6:30pm	5 - 6:30pm	5 - 6:30pm	5 - 6:30pm	5 - 6:30pm	n/a
Senior 2	12 - 13	3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm	10:30am - 12pm
Pre-Senior	14/o	3 - 4:30pm	3 - 4:30pm	3 - 4:30pm	3 - 4:30pm	3 - 4:30pm	10:30am - 12pm
Senior 1	14/o	3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm	9:30am - 12pm
National Focus	13/o	3 - 5:45pm	3 - 5pm	3 - 5:45pm	3 - 5pm	3 - 5pm	9:30am - 12pm

**(1) Beginning date is weather dependent for outdoor pool - if weather permits Early Spring Schedule may start earlier - - All times include dryland and pool workouts - schedule is subject to change as needed - -**

**(2) Ending date is dependent on school ending schedule and will be adjusted for snow days - may move later**

# Regional YMCA of Western CT Mako Swim Team

## Tentative Summer Practice Schedule Beginning 6/17<sup>(2)</sup> - Late July 2009

Group	Age Range	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>INDOOR POOL</b>							
Silver / Blue	8U / 10U / 12U	4:15 - 5:30-pm	4:15 - 5:30-pm	4:15 - 5:30-pm	4:15 - 5:30-pm	4:15 - 5:30-pm	n/a
<b>OUTDOOR POOL</b>							
Age Group 2	12U	5 - 6pm	5 - 6pm	5 - 6pm	5 - 6pm	5 - 6pm	n/a
Age Group 1	15U	4:30 - 6pm	4:30 - 6pm	4:30 - 6pm	4:30 - 6pm	4:30 - 6pm	n/a
Optional <i>Extra</i> Conditioning & Skill Workouts (Begins ~ June 17)	<b>Long course team members only \$100 - 10 yrs thru Age Group 1 (under 10 yrs only w/ coach approval)</b>	7 - 9am	7 - 9am	7 - 9am	7 - 9am	7 - 9am	na
Conditioning & Skill Workouts (Begins ~ June 17)	<b>Non-team members \$200 - 10 - through HS (under 10 yrs only w/ coach approval) - no swim meets must also have full YMCA membership or Program Membership</b>	7 - 9am	7 - 9am	7 - 9am	7 - 9am	7 - 9am	na
Pre-Senior / Senior 2 / Senior 1	14/o (12-13 for Sr2)	7 - 9am or 4:00 - 6:00pm	7 - 9am or 4:00 - 6:00pm	7 - 9am or 4:00 - 6:00pm	7 - 9am or 4:00 - 6:00pm	7 - 9am or 4:00 - 6:00pm	na
National Focus	13/o	7 - 9am and 5 - 6pm - Dryland Only pm	7 - 9am and 4:00-6:00pm	7 - 9am and 5 - 6pm - Dryland Only pm	7 - 9am and 4:00-6:00pm	7 - 9am	na
<p><b>* All times include dryland and pool workouts - schedule is subject to change as needed</b></p> <p><b>* Saturday practices for senior level swimmers will be scheduled as deemed necessary</b></p> <p><b>* Ending Date will be established during Long Course 2010</b></p> <p><b>* (2) This schedule may begin later if snow days delay the ending of school</b></p>							

## Group Requirements and Fees

Group	USA-S	Initial meet account deposit (US\$ reg. fee will be paid from meet account)	Tentative 2010 Long Course Team Fees <sup>(1)</sup>	MAKO Custody (Season Fee)	YMCA Membership
Silver / Blue	recommended / optional	\$140	\$335	\$50 per swimmer for short course season	Youth - 13 years \$16/mo; 14 - 18 years \$27/mo plus \$50 joiners fee for new members due at registration (subject to change by the YMCA)
Age Group II		\$140	\$366		
Age Group I		\$180	\$387		
Pre-Senior	Yes	\$215	\$458		
Senior II		\$215	\$458		
Senior I		\$265	\$506		
National Focus		\$265	\$633		

As required by the YMCA of USA, all members of the WCYM Swim Team must have a full YMCA Membership; this may as part of a family membership or as a youth membership. Mako Custody Dues are also paid by each swimmer with registration: \$50 for short course, \$25 for long course or \$75 annual)