



YMCA Hammerheads

PRACTICE CONFIGURATION 2018-19



Seniors // Ages 12-18

Advanced level training for accomplished swimmers, 2500+ yds per practice plus dry land exercises.

Time cuts:

- Ages 9-12: 100 Free:1:30, 100 Back: 1:45
- Ages 13-18: 100 Free 1:20, 100 Back 1:35

Must swim all 4 strokes legally: 200 each of Free, Back, Breast, IM.

Swim meet attendance required.

Sun:5:45pm-7:30pm, Tues/Thurs 6:00pm-7:30pm 3X/ week.

Juniors // Ages 12-18

Training for experienced swimmers, focusing on meet preparation, stamina and endurance, including dry land exercises.

Time cuts:

- 100 Free 1:30
- 100 Back 1:45

Must swim 100 Free, 100 Back, 100 Breast, 50 Fly.

Swim meet attendance expected

Sun: 4:15-5:45pm, Wed 5:15-6:30pm, 2X/week.

Age Group II // Ages 9-12

Stroke technique, conditioning and meet preparation for younger swimmers.

Time cuts:

- 100 Free: 1:45
- 100 Back: 2:00

Must swim 100 Free, 100 Back, 50 Breast, 25 Fly.

Swim meet attendance expected

Mon/Fri 5:15-6:30pm 2X/week

Age Group I // Ages 6-10

Stroke technique, introduction to meet preparation, and learning to use the pace clock.

Must swim 50 Free, 50 Back, 25 Breast, have knowledge of Butterfly.

Tuesday/Thursday 5:00-6:00 2X/week

Minis // Ages 6-8

Stroke technique, introduction to meet preparation.

Must swim 25 Free, 25 Back, 25 Breast.

Mon/Fri 5:45-6:30 2X/week in A-POOL

If interested, contact us at Joe.Smolinske@ymcadc.org
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