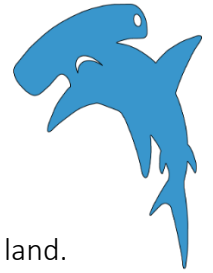




YMCA Hammerheads

PRACTICE CONFIGURATION 2019-20



Seniors // Ages 12-18

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

Time cuts:

- Ages 9-12: 100 Free: 1:25, 100 Back: 1:40
- Ages 13-18: 100 Free 1:20, 100 Back 1:35

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

Sun: 5:45pm-7:30pm, Tues/Thurs 6:00pm-7:30pm 3x/week. Swim meet attendance expected.

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 200 Free, 100 back, 100 Breast and 50 fly.

Sun: 4:15-5:45pm, Wed 5:15-6:30pm, 2x/week. Swim meet attendance expected

Junior Bronze // Ages 11+

Stroke technique and meet preparation with a focus on conditioning.

Time Cuts:

- 100 free 1:40
- 100 back 1:50

Must swim 150 free, 100 back, 100 breast and 50 fly

Wed: 6:30pm-7:30pm Fri: 6:30pm-7:30pm. Swim meet attendance expected.

Age Group II // Ages 9-12

Stroke technique, conditioning and meet preparation for younger swimmers. Swim meet attendance expected

Time cuts:

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

Must swim 100 Free, 100 back, 50 Breast and 25 fly.

Mon/Fri 5:15-6:30pm 2x/week. Swim meet attendance expected

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 and flip turns

Tuesday/Thursday 5:00-6:00 2x/week. Swim meet attendance expected

If interested, contact us at hammerheads@ymcadc.org