

WHAT YOU NEED TO KNOW ABOUT SWIM TEAM

What to bring to practice:

- Swimsuit
- Water bottle
- Towel
- Swim cap
- Goggles
- Positive attitude


Team Rules:

1. Caring, honest, respectful, and responsible
2. Be on time or communicate with the coach that you are going to be late
3. Work hard to improve
4. Support teammates and celebrate their accomplishments
5. Thank your parents and coaches daily for making it possible to be a part of the swim team



COME
JOIN
THE FUN!


CONTACT US

 803.276.9936

Website:
www.teamunify.com/team/scnyst/page/home

Social Media:



 8220 Jollystreet Road
Newberry, SC 29108



SWIM TEAM COACH:

Coach Rachel

 rachel@newberrymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEWBERRY YMCA EELS SWIM TEAM



Competitive and Non-competitive



REQUIREMENTS TO BE ON TEAM

All swimmers must be members of the YMCA and be able to pass the swim test



8 AND UNDER

1. Swim 25 yards freestyle without stopping
2. Swim 25 yards backstroke without stopping

9-12 YEARS OLD

1. Swim 50 yards freestyle without stopping
2. Swim 50 yards backstroke without stopping
3. Dive into the pool

13-14 YEARS OLD

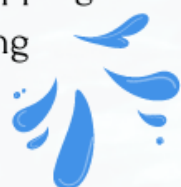
1. Swim 50 yards freestyle without stopping
2. Swim 50 yards backstroke without stopping
3. Perform a flip turn
4. Dive into the pool from the starting blocks
5. Demonstrate basic knowledge of the breaststroke and butterfly

15-18 YEARS OLD

1. Swim 100 yards freestyle without stopping
2. Swim 100 yards backstroke without stopping
3. Swim 50 yards breaststroke without stopping
4. Swim 50 yards butterfly without stopping
5. Able to perform a flip turn
6. Dive into the pool from the blocks

19-21 YEARS OLD

1. Swim 100 yards freestyle without stopping
2. Swim 100 yards backstroke without stopping
3. Swim 100 yards breaststroke without stopping
4. Swim 100 yards butterfly without stopping
5. Able to perform a flip turn
6. Dive into the pool from the blocks



PRICING

Competitive: \$70
Non-competitive: \$40

*Paid Monthly

Additional Information:

If any swimmer is unable to perform the requirements, they will be placed on the developmental team. Once the swimmer is able to perform those skills, they will advance to the competitive swim team.

As part of the competitive team, you have the opportunity to earn different awards and medals!



At swim meets, the swimmers that place in the top 10 get ribbons!

Practice Schedule

Red Group

Monday, Tuesday, Wednesday
6:30-7:30pm

Blue Group

Monday, Tuesday, Wednesday, Thursday
6:30-7:30pm

Green Group

Monday, Tuesday, Wednesday, Thursday, Friday
6:00-7:30pm

Senior Group

Monday, Tuesday, Wednesday, Thursday, Friday
6:00-7:30pm

Red Group is our non-competitive and developmental swim team. Athletes are required to come to 2 practices a week.

Blue Group is our younger competitive swimmers. They are required to come to 2 practices a week.

Green Group is our older competitive swimmers. These athletes are required to come to 3 practices a week.

Senior Group is our competitive elite swimmers. They are required to come to 4 practices a week.