



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Competitive Swim Team

About Our Program:

The Brandon Family YMCA offers a year round competitive swim program for youths ages 6 to 17. While there are no competitive requirements, our program is organized around the 4 competitive strokes and seeks to prepare swimmers for competition. Swimmers are organized based on age and ability and are offered practices up to 6 times per week. Practices are challenging but fun when done in a team environment. Swimmers compete in several types of meets, including developmental league meets for our younger and newer swimmers, local YMCA and USA Swimming sanctioned meets, and at the National level for our most experienced members. Your coach will recommend what meets and strokes are appropriate.

The Head Coach conducts all tryouts and group assignments. Swimmers must be able to complete 50 yards of front crawl (freestyle) and 50 yards of backstroke. Swimmers should also be able to demonstrate an understanding of breaststroke and butterfly. Swimmers who cannot meet the prerequisite are offered the choice of group and private swim lessons until they can achieve this standard.

Group	Practice Days	Practice Times	Monthly Costs
TYS Gold & Silver (Ages 13-17)	Mon - Fri Sat	3:45 - 5:15 pm 8:30 - 9:30 am	Facility Member: \$55 Program Member: \$70
TYS Bronze II (Ages 14 - 17)	Mon - Fri	5:15 - 6:30 pm	Facility Member: \$45 Program Member: \$60
TYS Bronze I (Ages 6 - 13)	Mon - Fri	5:15 - 6:30 pm	Facility Member: \$45 Program Member: \$60

* A discount of 50% is offered for families with more than one swimmer. The discount is taken from the lowest fee. Additional annual charges for joining USA Swimming, and costs associated with attending swim meets are not covered by the monthly charge and must be figured into your decision to join the Tampa YMCA Swim Team.

** There are no make up practices due to individual conflict, inclement weather, or cancellations due to swim meets.

Note: New swimmers must complete a swim assessment prior to registering for TYS Swim. For more info, contact a Welcome Center Representative at 813-685-5402, or speak to a coach during the days/times listed on this flyer.

Brandon Family YMCA

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Swimmers are placed in groups based on their individual ability which includes a training requirement, competitive performance, biomechanical progression, and maturity. Smaller groups may be formed to meet individual swimmer needs and coaching availability. Each team assignment is closely evaluated by the coaching staff prior to assignment and is subject to reevaluation. Many factors are considered in placement, including maturity and dedication.

The Progressions for Athlete Development is intended to provide a clear roadmap to each swimmers progression with the TYS Swim Team. This outline is used as an aid for coaches, swimmers, and parents to best meet the needs of each swimmer.

TYS Gold

This group is designed for dedicated swimmers. Group members must have demonstrated the ability to train IM and distance freestyle. The swimmers in this group must be committed to training and be willing to strive toward the highest levels of competition. Swimmers will also be expected to show commitment and dedication to both individual and team performances. Positive attitude and extensive leadership skills are qualities that TYS Gold swimmers must exude. Advanced drills and stroke correction directives are given. The focus of this group is continued aerobic fitness development, race pacing and stroke tempo. Practice is offered 6 or more days per week. Swimmers are expected to attend as many practices as possible. TYS Gold swimmers will strive to attend YMCA Nationals, FLAG and Sectional level meets (13-17 yrs).

TYS Silver

This group is designed for swimmers who have developed basic swimming proficiencies and are ready to make more of a commitment to the sport. Proper stroke technique is emphasized along with speed work, interval training, aerobic, anaerobic conditioning and intense dry land training. A variety of strokes and introduction to all distances are also covered in this class. Introduction to goal setting, individual training progression, race planning and strategies are introduced. Regular practice habits are stressed. Practice is offered 5 days per week. TYS Silver swimmers attend YMCA closed meets and USA Swimming Competitions as part of the training plan (13-17 yrs).

TYS Bronze I & II

Bronze I: This group introduces beginning swimmers to competitive swimming by exposing them to basic swimming drills, understanding swimming terminology, and improving stroke mechanics in all four competitive strokes. Swimmers need a basic proficiency in freestyle and backstroke. Complete breaststroke and butterfly are introduced as well as starts and turns. The focus of this group is having fun while developing, refining, and preparing to move onto more advanced practices and skills. Practice is offered 5 days per week. While there is no competitive requirements for this level, YMCA closed meets and USA Swimming Competitions are available (6-11 yrs).

Bronze II: This group builds on the skills of the Bronze I group. Swimmers continue to develop the four basic strokes and show some proficiency in all strokes. Training and competition requirements remain the same as Bronze I. This group will progress past the club level competition and attend YMCA closed meets and USA Swimming Competitions (9-13 yrs).

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