



WAHOOS: MARION COUNTY YMCA SWIM TEAM Senior Program

Senior Program

The Senior Level Swim Program is a year-round program designed for youth ages 13 to 18 with at least 2 years prior competitive experience and training (or at the coach's discretion). The Senior Level Swim Program focuses on training, endurance and technical improvement. Other components of the program are dryland training, nutrition and off-season cross-training. There are commitment and goal-setting requirements. A consultation with the athlete and parents is required.

Senior Group Practices

Monday, Tuesday, Wednesday and Friday: 4:00 - 5:45pm.

Saturday: 8:00 - 10:30am.

Optional morning practices at the coach's discretion.

Competitions

YMCA, High School and USA swimming.

YMCA Membership

In order to become a part of the Wahoo Swim Team you must be a member of the Marion County YMCA.

Coaching Fee

\$60 per month.

Coach

Tarn Thompson, 817-1470 or fax30@aol.com.



WAHOOS: MARION COUNTY YMCA SWIM TEAM Age Group 1 & 2 Programs

Age Group 1 is for entry level swimmers that are learning all four strokes. Technique, drills and stroke development are the basic fundamentals. An introduction to novice level swim meets is provided for through the YMCA association. The common age group for this program is 8-13 years old. The younger swimmers will remain in this program unless advanced by the Coach and/or maturity and skill level achieved by the swimmer is appropriate for advancement. A consultation will take place among Coach, Parent and what is in the best interest of the developing swimmer.

Age Group 2 will be the next level in the progression of the swimmers development. The program will offer introductory aerobic base training, weighting heavily in freestyle conditioning, stroke and drill development, and a gradual increase in the overall production and volume of yards compatible with upper level training and development. The primary age for this group is 11-14 and/or at the Coach's discretion based on skill development, maturity and commitment to the program by parent and swimmer alike.

Age Group 1 Practices

Monday, Tuesday & Wednesday: 6:00 - 7:00pm.

Thursday: 4:00 - 5:00pm.

An attendance commitment of 2/3 practices per week is expected.

Age Group 2 Practices

Monday, Tuesday & Wednesday: 6:00 - 7:00pm (must attend 1 - 2).

AND

Thursday: 4:00 - 5:30pm and Saturday: 8:00 - 9:30pm (must attend both).

Competitions

See coaches for details.

YMCA Membership

In order to become a part of the Wahoo Swim Team you must be a member of the Marion County YMCA.

Coaching Fee

\$50 per month.

Coach

Mark MacDonald, 368-9622 or mmacdonald@cfymca.org.