

Exciting News for our swim program!!!

The Illinois Valley YMCA Dolphin swim team is looking to continue on its fun and success in the Short Course (Fall/Winter) season by expanding its summer program to create a more year-round program. In order to facilitate this and be able to offer a variety of meets and competitions in the summer our team is applying for membership into USA Swimming along with our YMCA affiliation. The USA program has greater programs in the summer or Long Course season so it is necessary for us to join this organization.

What does joining USA Swimming mean to you?

Depends on what you want out of the program. If you wish to swim only in the Fall/Winter and only at YMCA swim meets then nothing changes for you. If you wish to swim in the summer or want to participate in any potential USA only meets that the team may consider in the Short Course season, then you would need to apply for membership to USA swimming. A membership in USA swimming is \$68 per swimmer for one year (Full Calendar year). The team would collect the fee and submit the paperwork on your behalf.

Will the team focus on USA or YMCA meets during the Fall?

Our team will remain focused on meeting the needs of swimmers of all abilities and will remain focused on our YMCA roots. Our swim meet schedule in the fall will be primarily YMCA meets but if there is a weekend that a meet is available that is USA only then it may be considered. In addition, in the event a swimmer qualifies for the USA Age Group Championship then this meet may be attended.

What does a year-round program mean?

Some swimmers may wish to continue with their training throughout the year and compete in meets in the summer. Swimming is a sport that requires continuous practice to maintain endurance at your peak and thus having a program that allows short breaks between seasons to rest is good but then gets swimmers back into the pool to help them meet their potential. There would be approximately a 3 week break after the end of the Short Course (Fall Winter) and a 3-4 week break after the Long Course (Spring/Summer) season.

What is the Long Course Season?

The Fall/Winter Season is considered the Short Course season because it is swam in 25 yard pools like the pool at the Illinois Valley YMCA. The Long Course (Spring/Summer) season has its competitions in 50 meter pools, thus a little longer than 2 times the length of our pool.

Who is eligible to participate in the Summer season?

Swimmers that are Bronze, Silver and Gold Level swimmers may participate in the summer season

Will the YMCA be offering a program for Novice this summer?

The YMCA has elected not to have a Novice summer program. It is recommended that if you have a swimmer that has been participating in the Novice program that you consider private lessons through the YMCA which can give your swimmer some one on one attention which can help their skills improve at a faster pace.

What are the costs to participate in the Summer Season?

The program cost will be the same as the Fall. \$25/month for Bronze, \$35/month for Silver and \$40/Month for Gold. The billing will be for May, June, and July. If your swimmer wishes to participate in the USA meets they would then have to register with USA Swimming (\$68 fee). If

you choose to register the team would collect the fee and submit the paperwork for your membership in USA Swimming.

When will practice be held?

During the school year (April 17th – June 1st) Practice will be as follows:

Bronze: 5:00-5:45 pm Monday, Tuesday, Thursday

Silver: 5:00-6:00 pm Monday – Thursday

Gold: 6:00-7:30 pm Monday – Friday

Beginning June 5th Practices will be as follows:

Bronze: 9:30-10:15 am Monday, Tuesday, Thursday

Silver: 9:30-10:30 am Monday – Thursday

Gold: 8:00-9:30 am Monday – Friday

What if my child is in another sport and can't start practicing until June?

If you wish to begin practice in June you can begin at that time and will pay the dues for June and July for their practice level. Based on their level of endurance they may not be eligible to participate in the swim meets in June. This will be discussed with the Head Coach and she will determine if they will be able to participate.

How many meets will there be this summer?

The team is currently in the process of completing the necessary paperwork for USA swimming membership which will open up greater opportunities for meets this summer. Assuming there are no issues with the completion of our application the proposed summer schedule is as follows:

June 2 th -4 th pool	ACAD Speedo Capital City Classic	Springfield IL	Outdoor 50M
June 18 th -20 th pool	TOPS Fathers Day Classic	Oak Park IL	Outdoor 50M
July 7 th -9 th 50M pool	Champaign County Heat- U of I Meet	Champaign IL	Indoor
July 15 th (estimated) pool	Peoria Journal Star (Non USA meet)	Peoria, IL	Indoor 25 yard
July 20 th (potentially) yard pool	Rochelle Park District (Non USA meet)	Rochelle IL	Outdoor 25
July 22 nd – 23 rd pool	YMCA Long Course Championship	St. John IN	Indoor 50M
July 28 th – 30 th pool	USA LC Age Group Championship	TBD	Indoor 50M

I hope this answers your questions, but feel free to contact me or Coach Christy if you have other questions. Thank you.

Eric Heagy