

## **ABOUT THE TEAM**

The YMCA of Gloucester County RIPTIDES Swim Team is designed for beginning as well as advanced swimmers. As a 'Riptide' they will have the opportunity to develop into the best swimmer they can be, while learning to accept defeat as well as victory; getting along well with others; and becoming a responsible member of the RIPTIDES team.

### **Our goals for participants include**

1. Developing Self esteem
2. Learning Team work
3. Accepting Responsibility
4. Having fun
5. Improving Health & fitness
6. Learning and practicing Character values
7. Improved speed & endurance.

Swimmers will work on stroke mechanics, times and endurance to suit their individual needs.

The team will swim in 5-9 dual meets of the South Jersey YMCA Swim League, and League Championships. Those who qualify may swim in NJ States and YMCA East Field Regional Championships.

### **COACHING STAFF**

Andrew Green will be returning as Head Coach for his 2<sup>nd</sup> season. Let's welcome our 2 new Assistant coaches this year, Rachele VanAsdale and AnnaRose Elson.

### **MEMBERSHIP REQUIREMENTS**

Full youth or family YMCA membership is required for all team members before practice begins.

- ❖ Youth: \$204.00 (\$17.00/month)
- ❖ Single Parent: \$468.00 (\$39.00/month)

- ❖ Full Family \$564.00 (\$47.00/month)  
(New Members – additional joiner fee)

This membership includes use of the Wellness Center, weight room, steam room, and the gym and pool during scheduled hours. For youth some areas—weight & steam room and Wellness Center are restricted due to minimum age requirements. There are also discounted rates on YMCA programs for Full members.

### **SWIM TEAM FEE**

A 'team packet' will be give once the deposit is received. Team fee covers dual meets, State & East Field Regional qualifying entry fees, practice expenses and team administrative costs. Swimmers are responsible for their personal equipment and Middle Atlantic Swimming registration fee, meet entry fees, & any MAS fines you may incur.

~Fees include \$25.00 non-refundable deposit  
~2nd child --5% off Squad team fee, 3rd child - 10% off Squad team fee, & 4th child - \$25.00  
~**Fee balance due before practice begins; no prorating of either option Swim Team fee**

~Scholarships available~

### **PAYMENT PLANS**

**Payment plans are available for an additional fee. Please contact Andrea Godshall to set up by October 5, 2009 with first payment.**

**1<sup>st</sup> payment is October 5**

**2<sup>nd</sup> payment is November 2**

**3<sup>rd</sup> payment December 1**

### **PRACTICE:**

Squad A-\$356.00

Squad B-\$328.00

Squad C-\$252.00

\$25.00 deposit for all swimmers must be paid prior to try-outs

**Squad assignments will be made by coaches for November 2– Feb practice**

### **Squad A:**

Sun 5:00-6:30pm, Tues. 7:15-8:45pm, Wed 7:45-9:15pm, Fri 7:30-8:15pm, Sat 12:30-2:00pm

### **Squad B:**

Sun 5:00-6:30pm, Tues. 7:15-8:45pm, Fri 8:00-9:15pm, Sat 2:00-3:30pm

### **Squad C:**

Sun 5:30-6:30pm, Wed. 6:30-7:45pm, Fri 8:00-9:15pm, Sat 2:00-3:00pm

**(Days & times subject to change)**

### **MIDDLE ATLANTIC (USA) SWIMMING**

Participation is strongly recommended especially for the serious level swimmer who would like increased opportunities to swim against similar level swimmers and to extend the meet season. There is an additional fee to join and participate in USA Swimming. More info. to come.

### **PARENTS HELPING OUR TEAM**

The success of our team depends on active parent support. Parents and other friends of our team help by assisting at Home and Away meets with bringing in food items, officiating, timing, running cards, and other duties. *Please be prepared to volunteer throughout the season.*

### **MEET THE COACHES AND TRY-OUTS**

**Sunday, September 27, 2009 at 5:00 pm**

**Sunday, October 11, 2007 at 5:00 pm**

*(Please bring a copy of your child's birth certificate)*

Meeting to take place in the front lobby at 5:00 pm. Come to one of these times to learn about the YMCA Riptides, what's involved and meet the coaches. Open to ages 6-18 years, who know at least freestyle and back strokes, preferably the 4 competitive strokes. Parents meeting will start at 5:00 pm, with tryouts beginning at the conclusion of the meeting.\_

**The front desk will be open from 5:00- 8:00 pm for swim team registration only.**

### **SWIM MEETS**

**Teams in the South Jersey Swim League:**

Atlantic City, Brigantine , Burlington County YMCA, Camden County YMCA, Cape May Waves, Egg Harbor Twp., Margate Sharks, Millville, Ocean City C-Cerpants, Pleasantville Aquatic Club, Salem County YMCA and Vineland YMCA

### **Contact Information:**

**call : (856) 845-0720 Andrea Godshall**

**email: [agodshall@ymcagloco.org](mailto:agodshall@ymcagloco.org) or**

**website: [www.riptideswimming.com](http://www.riptideswimming.com)**

### **FEES:**

Full Member: \$22.00

Basic Member: \$38.00

Non Member: \$54.00

### **FALL WARM-UPS & STROKE MECHANICS**

For swimming competitors

**Fall warm-ups** Saturdays and Tuesdays starting on September 29- October 27. Fall Warm-ups will help condition swimmers for the upcoming season. Register now.

**TUESDAY:** 7:15 – 8:15 PM

(9/29, 10/6, 10/13, 10/20, 10/27)

**SATURDAY:** 12:30 – 1:30 PM

(9/26, 10/3, 10/10, 10/17, 10/24)

### **FEES:**

Full Member: \$43.00

Basic Member: \$75.00

Non Member: \$96.00

**Stroke Mechanics** will begin Friday October 2 through October 23. Stroke mechanics will help increase endurance, build up your stamina, and improve the 4 competitive strokes, starts and turns. Register now.

**FRIDAY:** 7:05 – 8:05 PM

(10/2, 10/9, 10/16, 10/23)

# **SWIM TEAM**

## **2009-2010 Season**



YMCA of Gloucester County  
235 E. Red Bank Ave.  
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