



Twin Pike Torpedoes

Swim Team

2022-2023
FALL/WINTER
SEASON

HEARTLAND AREA YMCA SWIMMING AND USA SWIMMING

September 1st - March 2023, Ages 5 and Up



Practice Start Dates: Silver Group Thursday Sept. 1st. All groups Friday Sept. 2nd.

Back to the Pool Team Building Party and Parent Info Meeting: **Saturday Sept. 3rd 4-7PM at the Y.** Come and celebrate the Summer swim season, get ready for Fall/Winter, and meet the Torpedoes team. Pool and team fun, team cheer practice, season info, and pizza/snacks. Open for Summer swim team and Fall/Winter swimmers and family. Please RSVP to Joe MacLaughlin by Thursday Sept. 1st

Twin Pike Torpedoes Mission: To give every swimmer, regardless of ability, experience, background, and achievement, the chance to have fun, be a part of a team, and pursue goals in and out of the water, no matter how small or how big their dreams are.

General Program Information: The Twin Pike Torpedoes compete in the Heartland Area YMCA swim league and USA Swimming Ozark LSC. Meet schedule will include USA Swimming meets and Heartland Area YMCA meets (swimmers not USA Swimming registered will not be able to participate in the full meet schedule). USA Swimming registration (\$20 - \$72) is optional but required to participate in USA Swimming meet events.

Fall/Winter swim team members must be Twin Pike Family YMCA members and be registered monthly for swim team participation. Coaches will determine practice and registration groups.

Green Group: For beginner level/younger swimmers. Features separate practice time and more individual attention. It emphasizes stroke instruction, starts and turns, practice and meet procedures, and FUN! Practices are M,W,F 5:00-6:00 PM. **Y Members \$45/month**

Blue Group 1: For intermediate level swimmers. Emphasizes stroke mechanics, starts and turns, practice and meet procedures, and FUN with an attention to conditioning and endurance! Practices are M,W,F 5:30-7:00 PM. **Y Members \$50/month**

Blue Group 2: For advanced level swimmers. Emphasizes stroke mechanics, starts and turns, practice and meet procedures, and FUN with focus on conditioning and endurance with an extra 1/2 hour for the dedicated swimmer! Practices are M,W,F 5:30-7:30 PM. **Y Members \$55/month**

Silver Group: For the serious competitor. Focus on conditioning, endurance, strength, and fine tuning of starts, strokes, and racing techniques. Must be able to swim all 4 competitive strokes and swim 4x100 free on 1:40. Practices are M-F 5:30-7:30 PM. **Y Members \$70/month**

Torpedoes Swim Team Tryouts: Swimmers must be able to swim 25 yards (1 length of pool) showing competency in 2 different strokes. Please contact coach Joe to schedule a tryout. Swimmers who have prior swim team experience or have passed the Twin Pike Family YMCA's swim tests may not require a tryout.

CONTACT COACH JOE MACLAUGHLIN FOR MORE INFO 573-754-4497 or 573-754-9030,
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