

# Torpedoes Swim Team

Twin Pike Family YMCA September 2020 thru March 2021

Contact Coach Joe MacLaughlin for registration or questions. 573-754-4497 Joe.MacLaughlin@twinpikefamilyymca.org

## **GREEN GROUP - BEGINNER LEVEL \$45/month**

### **PRACTICE M,W,F 4:30-5:30 PM**

3 hrs. practice/wk. Separate practice time. Increased individual attention. Emphasis on stroke instruction, starts and turns, practice and meet procedures, and FUN!

## **TORPEDOES BLUE GROUP 1 - INTERMEDIATE LEVEL \$50/month**

### **PRACTICE M,W,F 5:30-7:00 PM**

4.5 hrs. practice/wk. Practice time determined by skill, age, and schedule. Emphasis on stroke mechanics, starts and turns, meet procedures, and FUN with a focus on conditioning and endurance.

## **TORPEDOES BLUE GROUP 2 - ADVANCED \$55/month**

### **PRACTICE M,W,F 5:30-7:30 PM**

6 hrs. practice/wk. Practice time determined by skill and age. Emphasis on stroke mechanics, starts and turns, meet procedures, and FUN with a focus on conditioning and endurance and an extra ½ hour for the dedicated swimmer.

## **TORPEDOES SILVER GROUP - JUNIOR/SENIOR LEVEL COMPETITORS \$70/month**

### **PRACTICE M-F 5:30-7:30 PM**

10 hrs. practice/wk. For the serious competitor. Focus on conditioning, endurance, strength and fine tuning starts, stroke and racing techniques. Must be able to swim all 4 competitive strokes and swim 4x100 free on 1:40.

**\*\*All swimmers must be Twin Pike Family YMCA Members. All swimmers must be able to swim 25 yards without stopping.\*\***

Registrations will be made by the coach or at the YMCA front desk. New swimmers please fill out or be prepared to provide the following information.

Participant's Name: \_\_\_\_\_ Contact #: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_ Birth Date: \_\_\_\_\_ Gender: \_\_\_\_

Mother's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Father's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Special Health Needs: \_\_\_\_\_

# Torpedoes Swim Team

**Twin Pike Family YMCA September 2020 thru March 2021**

**Contact Coach Joe MacLaughlin for registration or questions. 573-754-4497 [Joe.MacLaughlin@twinpikefamilyymca.org](mailto:Joe.MacLaughlin@twinpikefamilyymca.org)**

## **COVID-19 Procedures and Policies**

Multiple swimmers per lane will be allowed.

Swimmers will be grouped into strict/consistent lane assignments ("lane groups").

Social distancing must be maintained between "lane groups" when on the pool deck.

Spacing and lane etiquette will be enforced in the water to maintain "lane group" separation.

Swimmers and families must also follow Twin Pike Family YMCA COVID 19 Rules.

Showers are NOT available. Swimmers are encouraged to come in suits.

Procedures and Policies are subject to change.

## **Heartland Area YMCA and Ozark LSC USA Swimming Information**

As of 8/24/20 our local swimming organizations do not have any meets scheduled. Both YMCA and USA Swimming are developing/adopting "Virtual Meet" procedures and will be limiting or not granting meet sanctions. Until league policies are set the Torpedoes Swim Team and the Twin Pike Family YMCA will work to hold intrasquad swim meets or dual swim meets.