

**RAC**  
Y M C A

**ROWAN AQUATIC  
CLUB YMCA**

[www.RACYswimteam.com](http://www.RACYswimteam.com)



[www.RACYswimteam.com](http://www.RACYswimteam.com)

## Checklist

- \_\_\_\_\_ Rowan County YMCA membership
- \_\_\_\_\_ Emergency Contact Information filled out **\*needed ASAP**
- \_\_\_\_\_ United States Swimming Information filled out  
(\$50/swimmer annually – for competition only)
- \_\_\_\_\_ Copy of child's Birth Certificate
- \_\_\_\_\_ Bank drafting information filled out with blank check  
attached
- \_\_\_\_\_ Bathing suit (one piece for girls, jammer or speedo  
recommended for boys), goggles, first swim cap provided  
by swim team



[www.RACYswimteam.com](http://www.RACYswimteam.com)

## **J.F. Hurley Family YMCA**

RAC YMCA Swim Team currently holds practices at the YMCA facility within the center of Rowan County area.

The J.F. Hurley Family YMCA is the swim team's primary practice facility. It is a new YMCA located at 828 Jake Alexander Blvd., Salisbury, NC 28145.

The facility holds 2 indoor 25 yard swimming pools, an indoor and outdoor track, weight lifting facility and climbing wall which the RAC YMCA Swim Team utilizes on a regular basis.



[www.RACYswimteam.com](http://www.RACYswimteam.com)

## **Swim Team Information**

*Swimmers are advanced through RACY individually, according to their own personal progress. Test sets will decide when the appropriate advancement in the program will take place. On average children will be advanced to the next level at the end of each season if the coach feels the swimmer is mentally and physically ready to advance.*

### **Squid Squad (pre-team)** = \$36 per Month

Squid Squad is a new group created for a non competitive swimmer looking to join the swim team. Complete freestyle, backstroke and breaststroke along with competitive starts and streamlining is introduced at this level. Learning these competitive strokes is a goal for swimmers in this group. Competition at this level is not recommended. Practice is offered two (2) times per week, Tuesdays & Thursdays.

### **Red Group**= \$48 per Month

The Red group is designed for the beginning swimmer who has a basic level of proficiency in freestyle, backstroke, and breaststroke. Complete breaststroke and butterfly stroke is taught along with stroke drills for all competitive strokes. Correct starts and turns for all four strokes are introduced. The rules of the sport are given. Learning the competitive strokes is a goal for swimmers in this group. Competition at this level will be recommended by the coach when he/she feels the swimmer is adequately prepared. Practice is offered four (4) times per week, Monday – Thursday. Children are encouraged to attend at least three (3) of these practices.

### **White Group**= \$67 per Month

Swimmers in the White group exhibit legal strokes for all four competitive strokes and perform legal turns in all strokes as well. More advanced drills are introduced and basic stroke drills are reinforced. Stroke correction methods are taught. In addition, stroke lengthening and the importance of stroke technique are taught. Building and refining the swimmers' strokes and beginning an aerobic conditioning base are objectives for swimmers in this group. Interval training using the pace clock is introduced and utilized. Swimmers learn to understand the importance of proper stroke technique. Use of certain swim equipment is introduced in this group. Practice is offered five (5) times per week, and children are encouraged to attend at least three (3) of these practices.

### **Blue Group**= \$80 per Month

Swimmers in the Blue Group have moved into longer training sessions and exhibit a maturity level to handle increased length of practices. A detailed training program is utilized. An increased intensity is required to gain the benefits of total body conditioning with an emphasis in aerobic and I.M. training. Swimmers perform the advanced stroke drills, and communicate stroke concerns to the coach. The ability to modify strokes and utilize tempo and advanced pacing is taught. Dry-land training is also made available to this group. Cognitive learning of advanced swimming techniques, goal setting, and team dynamics are goals for this group's swimmers. Practice is offered

five (5) times per week, and swimmers are encouraged to attend at least four (4) of these practices. Included in these practices are 2.0 hours of swimming and 30 minutes of dry land two (2) times per week.

**Junior Group**= \$85 per Month

Junior group swimmers are 12 years old and younger. They have gained experience in the RACY training program and have begun to adapt to more intense training. Junior Group swimmers begin to make more of a commitment to swimming. Workouts are for two (2) hours six (6) times per week. 30 minutes of dry land two (2) times per week. Swimmers begin to understand the cycles of training. Strategy and stroke technique are continually refined and improved. Psychological training is emphasized as well as communication with team coaches concerning training. Nutrition and strength improvements are an increased concern. Test swims and knowledge of training paces are stressed. The Junior Groups purpose is to prepare the swimmer for the Marlin, Senior and National level swimming.

**Marlin Group**= \$90

The Marlin Group is for 13 years old and above. Self-motivation and developing leadership qualities are two goals for swimmers within this group. Following the coach's recommendations, dry-land, weights, and practice attendance are necessary for benefits from the program. Workouts are for two (2) hours six (6) times per week. Morning workouts are for 1 hour three (3) times per week. Also included are two (2) 30-minute dry land sessions and weight training three (3) times per week. This group consists of middle and high school aged swimmers who love the sport of swimming, enjoy the exercise, and being part of a team. It is also the next step for those swimmers who have hopes in reaching the RACY National Group and have made a year-round commitment to swimming and training for the next level. Maturity, goal setting, and showing leadership are emphasized. Knowledge of training times and race times are necessary.

**Senior Group**= \$95

The Senior Group is for 13 years old and above who have passed their test sets. Self-motivation and developing leadership qualities are two goals for swimmers within this group. Following the coach's recommendations, dry-land, weights, and practice attendance are necessary for benefits from the program. Workouts are for two (2) hours six (6) times per week. Morning workouts are for 1 hour three (3) times per week. Also included are two (2) 30-minute dry land sessions and weight training three (3) times per week. This group consists of high school aged swimmers who love the sport of swimming, enjoy the exercise, and being part of a team. It is also the next step for those swimmers who have hopes in reaching the RACY National Group and have made a year-round commitment to swimming and training for the next level. Maturity, goal setting, and showing leadership are emphasized. Knowledge of training times and race times are necessary. Psychological maturity and physical conditioning are vital.

**National Group**= \$100

The National Group in the program is designed for those who show the highest level of commitment to training in the sport of swimming. Swimmers will not be moved into this portion of the team unless they have achieved a national time standard. Swimmers will also be expected to show dedication to both individual and team performances. Positive attitude and extensive leadership skills are also qualities that National Group members will exude. Practices are mandatory (unless otherwise excused by the coach). Workouts are for two (2) hours six (6) times per week. Morning workouts are for 1 hour three (3) times per week. Also included are two (2) 30-minute dry-land sessions and weight training three (3) times per week. Swimmers are expected to attend all team meets and championship meets qualified for. Training is intense in all six energy systems and requires dedication to maintain maximum physical conditioning. The strength program is emphasized with self-improvement through goal setting.

Contact: Matt Hall 704-636-0111 x207