FIND YOUR PASSION. FIND YOUR Y.

2023-2024

BSY SWIMMING TEAM

STRATFORD YMCA
BSY SWIMMING

Our team offers a challenging, engaging, and fun program that stresses stroke technique, starts, turns, and basic to advanced training. Our team ranges from entry level competitive swimmers to championship caliber swimmers – all are welcome and encouraged to look into the BSY team!

CCC YMCA MEMBER CODE OF CONDUCT

Together, we can all do more to help strengthen our community. Toward that end, Central Connecticut Coast YMCA members should consistently celebrate the YMCA core values of caring, honesty, respect, and responsibility. The Central Connecticut Coast YMCA reserves the right to suspend or terminate membership privileges for behavior not in accordance with our values.

MEMBERSHIP

Members of YMCA competitive teams must have full-privilege CCC YMCA memberships in good standing at his/her YMCA for 30 days prior to first YMCA competition and through the end of season. Termination requests must be submitted in writing 72 hours before the first of the month and only after your child completes their swim season. Please contact the YMCA for further details.

FINANCIAL ASSISTANCE

Program financial assistance is available for qualified members through our Financial Assistance program, funded by the Annual Campaign. We are community-based and believe that our programs should be available for everyone. This confidential scholarship assistance application is available at Member Services and on-line at http://www.cccymca.org
SWIM TEAM COSTS AND FEES

UNIVERSAL PAYMENTS AND FEES

<table>
<thead>
<tr>
<th>Fee</th>
<th>Amount</th>
<th>When</th>
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<tbody>
<tr>
<td>YMCA Youth Membership</td>
<td>$32</td>
<td>First of each month</td>
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<tr>
<td>Annual Registration</td>
<td>$80</td>
<td>Online at start of season</td>
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<tr>
<td>Meet Fees</td>
<td>Varies per swim meet</td>
<td>The week prior to each meet</td>
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GROUP-SPECIFIC ADDITIONAL COSTS:

8+U Pre-Team: $100 per month
9+O Pre-Team: $100 per month
8+U: $125 per month
AG Developmental: $135 per month

AG Transitional: $150 per month
AG Leadership: $165 per month
Senior Developmental: $185 per month
Senior: $200 per month

First payment will be taken at time of registration, then the first of each month. Any returned payment is subject to a fee. When this happens the CCCY is charged a $30 returned payment fee by our banks, which in return is charged to your credit card account; a $20 fee for ACH and $10 fee for lost/stolen/expired/and other returns.

TEAM APPAREL:

Required team apparel: team suit, t-shirt, and cap. These are to be worn at all meets. Estimated total cost is around $135. Optional apparel items will be made available for additional cost. A team apparel fitting and order will be arranged late fall. Replacement caps will be available mid-season for $15 each.

w stratfordymca.org
PRACTICE GROUPS AND REQUIREMENTS

PRE-TEAM 8 & UNDER / PRE-TEAM 9 & OVER
- Practice: Two 45-minute (8) or 60-minute (9) practices per week
- Expected to attend 2 practices per week
- Pre-requisites: 25 yards freestyle, 25 yards backstroke, listening skills

8 & UNDER
- Practice: Three 60-minute practices per week
- Expected to attend at least 2 practices per week
- Pre-requisites: 25 yards freestyle and backstroke, 15 yards either breaststroke or butterfly with some understanding of the other, kneeling dive from the side, listening skills

AGE GROUP DEVELOPMENTAL: 9–11 YEARS OLD
- Practice: Three 60-minute practices per week
- Expected to attend at least 2 practices per week
- Dryland: One 60-minute practice per week (optional, but encouraged)
- Pre-requisites: 50 yards freestyle and backstroke, 25 yards breaststroke and butterfly, dive from the side, listening skills

AGE GROUP TRANSITIONAL: 9–12 YEARS OLD
- Practice: Four 60-minute 75-minute practices per week
- Expected to attend at least 3 practices per week
- Dryland: One 60-minute practice per week (optional, but recommended)
- Pre-requisites: 50 yards freestyle, backstroke, and breaststroke, 25 yards butterfly, 100 individual medley (IM), dive from the block, proper turns, legal finishes, listening skills

AGE GROUP LEADERSHIP: 10–12 YEARS OLD
- Practice: Four 75-minute practices per week
  Expected to attend at least 3 practices per week
- Dryland: One 60-minute practice per week (strongly recommended)
- Pre-requisites: 100 yards freestyle, 100 yards either backstroke or breaststroke and 50 yards of the other, 50 yards butterfly, 200 individual medley (IM), dive from the block, proper turns, legal finishes, Listening skills

P 203 375 5844
BRIDGEPORT–STRATFORD YMCA
TORPEDOES SWIM TEAM

SENIOR DEVELOPMENTAL: 13 & OVER
- Practice: Four 90-minute practices per week
- Expected to attend at least 2-3 practices per week
- Dryland: Two 60-minute practices per week (optional, but strongly recommended)
- Pre-requisites: 100 yards freestyle, 100 yards either backstroke or breaststroke and 50 yards of the other, 50 yards butterfly, 100 individual medley (IM), dive from the block, proper turns, legal finishes, listening skills

SENIOR: 13 & OVER
- Practice: Five 90-minute practices per week
- Expected to attend at least 3-4 practices per week
- Dryland: 2 60-minutes practices per week (strongly recommended)
- Pre-requisites: 200 yards freestyle, 100 yards backstroke and breaststroke, 50 yards butterfly, 200 individual medley (IM), racing starts from the block, proper turns and finishes, listening skills
REQUIRED EQUIPMENT
Swimmers are required to bring a water bottle, mesh bag, kickboard, and fins to practice. These items can be purchased at a swim shop or online. These items will be expected by the third week of practice. After that time, we will not be supplying these items for swimmers. Seniors may be asked to purchase hand paddles.

VOLUNTEER REQUIREMENTS
In order for our team to function successfully, we will need the support of parents and families. We cannot do this without you! Thus, we are requiring 5 volunteer hours throughout the short course season for each swimmer on the competitive team, which can be accomplished by any family member or swimmer age 14 years or older. Jobs include timing, team photography, organization, and chaperoning. Any swimmer who does not complete 5 volunteer hours throughout the short course season may be billed $50.
**BRIDGEPORT–STRATFORD YMCA**  
TORPEDOES SWIM TEAM

**TENTATIVE PRACTICE SCHEDULE (FALL 2023)**

****NOTE: Subject to change. Dryland trainings are TBD for now****

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<td><strong>Pre-Team and 8 and Under</strong></td>
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<tr>
<td>8+U Pre</td>
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<td>9+O Pre</td>
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<td>8+U</td>
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**Age Group (9 – 12 years old)**

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<td>Developmental</td>
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<td>Transitional</td>
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<td>Leadership</td>
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**Senior (13 Year-olds and Over)**

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<tr>
<td>Senior Devel-opmental</td>
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<td>7:00–8:30 pm</td>
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<td>3:30–5:00 pm</td>
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<tr>
<td>Senior</td>
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TEAM EVALUATIONS

- By appointment only. Please contact head coach Marta Anne Taddeo
- Contact bsyswimming@cccymca.org or mtaddeo@cccymca.org
- Cost: $5
- Swimmers must be able to complete 25 yards on both stomach and back
- Group placement is based on swimmer age on December 1, 2023

CONTACT INFORMATION

Marta Anne Taddeo, Head Coach
Rosemary Nieto, Assistant Coach
Oscar Rodriguez, Aquatics Director

Stratford YMCA
3045 Main Street
Stratford, CT 06614
203-375-5844
bsyswimming@cccymca.org
mtaddeo@cccymca.org

www.teamunify.com/ymca-0939

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