

**BRIDGEPORT
STRATFORD
YMCA**



EMERGENCY
DIAL **911**

**FIND YOUR PASSION.
FIND YOUR Y.**

For a better us.®

Spring 2024

BSY SWIM TEAM

STRATFORD YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Connecticut
Swimming

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>





BRIDGEPORT-STRATFORD YMCA TORPEDOES SWIM TEAM

SWIM TEAM COSTS AND FEES

UNIVERSAL PAYMENTS AND FEES		
Fee	Amount	When
YMCA Youth Membership	\$34	First of each month
Long Course Only Registration	\$50	Online at start of season
Meet Fees	Varies per swim meet	The week prior to each meet

GROUP-SPECIFIC ADDITIONAL COSTS:

8+U Pre-Team:	\$100 per month	AG Transitional:	\$150 per month
9+O Pre-Team:	\$100 per month	AG Leadership:	\$165 per month
8+U:	\$125 per month	Senior Developmental:	\$185 per month
AG Developmental:	\$135 per month	Senior :	\$200 per 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.



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PRACTICE GROUPS AND REQUIREMENTS

PRE-TEAM 8 & UNDER / PRE-TEAM 9 & OVER

- Practice: 45 minutes (8) or 60 minutes (9)* 2 practices per week
- Expected to attend 2X per week
- Pre-requisites: 25 yards freestyle, 25 yards backstroke, listening skills

8 & UNDER

- Practice: 60 minutes * 3 practices per week
- Expected to attend at least 2X 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: 60 minutes * 3 practices per week
- Expected to attend at least 2X per week
- 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: 60-75 minutes * 4 practices per week
- Expected to attend at least 3X per week
- 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: 75 minutes * 4 practices per week
- Expected to attend at least 3X per week
- 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



BRIDGEPORT-STRATFORD YMCA TORPEDOES SWIM TEAM

SENIOR DEVELOPMENTAL: 13 & OVER

- Practice: 90 minutes * 4 practices per week
- Expected to attend at least 2-3X per week
- 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: 90 minutes * 5 practices per week
- Expected to attend at least 3-4X per week
- 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





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ADDITIONAL TEAM REQUIREMENTS

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.



P 203 375 5844



BRIDGEPORT-STRATFORD YMCA TORPEDOES SWIM TEAM

TENTATIVE PRACTICE SCHEDULE (SPRING 2024)

****NOTE: Subject to change, new schedule end of June. Dryland trainings are TBD

	MON	TUE	WED	THU	FRI
Pre-Team and 8 and Under					
8+U Pre	5:15-6:00 pm		5:15-6:00 pm		
9+0 Pre		5:00-6:00 pm		5:00-6:00 pm	
8+U	6:00-7:00 pm		6:00-7:00 pm		6:00-7:00 pm
Age Group (9 –12 years old)					
Developmen-		6:00-7:00 pm		6:00-7:00 pm	5:00-6:15 pm
Transitional	7:00-8:15 pm	6:00-7:00 pm		6:00-7:00 pm	5:00-6:15 pm
Leadership	7:00-8:15 pm		7:00-8:15pm	7:00-8:15pm	5:00-6:15 pm
Senior (13 Year-olds and Over)					
Senior Devel- opmental	3:30-5:15 pm	7:00-8:30pm	7:00-8:30 pm		3:30-5:00 pm
Senior	3:30-5:15 pm	7:00-8:30pm	3:30-5:15 pm	7:00-8:30pm	3:30-5:00 pm

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TEAM EVALUATIONS

**** NOTE: Based on swimmer age on July 1, 2023

- By appointment only. Please contact head coach Marta Anne Taddeo
- Contact bsyswimming@cccymca.org or mtaddeo@cccymca.org
- Cost: \$5
- Note: swimmers must be able to complete 25 yards on both stomach and back



CONTACT INFORMATION

Head Coach: Marta Anne Taddeo

Assistant Coaches: Gwen Dascenzo, Victoria Zottoli, Shane Murphy-Pociask

Aquatics Director: Coach Nacho Sanchez

Stratford YMCA: 3045 Main St, Stratford, CT 06614, 203-375-5844,

Email: bsyswimming@cccymca.org OR mtaddeo@cccymca.org

Website: Stratfordymca.org, www.teamunify.com/ymca-0939

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