



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

For a better us.®

2022-2023
BSY SWIMMING 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 swim with the BSY team!

MEMBERSHIP

Members of YMCA competitive teams must have full-privilege CCC YMCA memberships and must be in good standing at his/her YMCA for 30 days prior to competing for that YMCA in a meet. The swimmer must be a member in good standing of his/her YMCA for 90 days prior to representing that YMCA in a district, regional, state or national championship meet. Membership must last from the time of registration to the last day of the swim season. The membership will continue until you submit a termination request in writing with a 48-hour notice and only after your child completes their swim season. Please contact the Y 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>

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 with behavior that illustrates those values. The Central Connecticut Coast YMCA reserves the right to suspend or terminate membership privileges for behavior not in accordance with our values.

CONTACT INFORMATION

Marta Taddeo, Head Coach
Jessica Cabrera, Assistant Coach
Rocio Cabrera, Assistant Coach
Oscar Rodriguez, District Aquatics Director

3045 Main St, Stratford, CT 06614
203-375-5844, bsyswimming@cccymca.org
Stratfordymca.org
www.teamunify.com/ymca-0939



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BRIDGEPORT-STRATFORD YMCA TORPEDOES SWIM TEAM

SWIM TEAM FINANCIAL COMMITMENTS

SWIM TEAM UNIVERSAL PAYMENTS AND FEES		
	Fee	When
YMCA Youth Membership	\$30	First of each month
Annual Registration	\$80	Online at start of season
Meet Fees	Varies per swim meet	The week following each meet

GROUP-SPECIFIC ADDITIONAL FEES

8+U Pre-Team \$95 per month
 9+0 Pre-Team: \$95 per month
 8+U: \$120 per month
 Age Group 3: \$130 per month

Age Group 2: \$145 per month
 Age Group 3: \$155 per month
 Senior 2: \$175 per month
 Senior 1: \$190 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



APPAREL FEES AND REQUIRED EQUIPMENT

Required team apparel include team suit, t-shirt, and cap. These are to be worn at all meets. The costs for these required items are \$125, which will be billed separately. Replacement caps will be available mid-season for \$15 each. Optional apparel items will be made available for additional cost.

Required equipment (can purchase at swimoutlet.com or preferred other source:

Fins (long not short), Kickboard or Speedo Pull-Kick, Mesh Bag



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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 2 X per week
- Pre-reqs: 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-reqs: 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 III: 9-11 YEARS OLD

- Practice: 60 minutes * 3 practices per week, expected to attend at least 2X per week
- Dryland: 60 minutes * 1 practice per week (optional but encouraged)
- Pre-reqs: 50 yards freestyle and backstroke, 25 yards breaststroke and butterfly, dive from the side, listening skills

AGE GROUP II: 9-12 YEARS OLD

- Practice: 60-75 minutes * 4 practices per week, expected to attend at least 3X per week
- Dryland: 60 minutes * 1 practice per week (optional but recommended)
- Pre-reqs: 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 I: 10-12 YEARS OLD

- Practice: 75 minutes * 4 practices per week, expected to attend at least 3X per week
- Dryland: 60 minutes * 1 practice per week (strongly recommended)
- Pre-reqs: 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 II: 13 & OVER

- Practice: 90 minutes * 4 practices per week, expected to attend at least 2-3X per week
- Dryland: 60 minutes * 2 practices per week (optional but strongly recommended)
- Pre-reqs: 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 I: 13 & OVER

- Practice: 90 minutes * 5 practices per week, expected to attend at least 3-4X per week
- Dryland: 60 minutes * 2 practices per week (strongly recommended)
- Pre-reqs: 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

**For more detailed descriptions of the individual groups, please visit our website:
www.teamunify.com/Home.jsp?team=yymca-0939**





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ADDITIONAL TEAM REQUIREMENTS

REQUIRED EQUIPMENT

In order to participate on our team, swimmers are required to attain a water bottle, mesh bag, kick-board, and fins. For dryland we strongly encourage a mat as well. 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 later on in the season.

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. Volunteering 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 will be billed \$50.



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BRIDGEPORT-STRATFORD YMCA TORPEDOES SWIM TEAM

PRACTICE SCHEDULE (FALL 2022)

Schedule will change as season progresses and time requires additional practice time. Presently, Saturdays are reserved for special clinics.

	MON	TUE	WED	THU	FRI
Pre-Team and 8 and Under					
8+U Pre	5:00-5:45 pm		5:00-5:45 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)					
Age Group III		6:00-7:00 pm	Dryland 5:30-6:30 pm	6:00-7:00 pm	5:00-6:00 pm
Age Group II	7:00-8:15 pm	6:00-7:00 pm	Dryland 5:30-6:30pm	6:00-7:00 pm	7:00-8:15 pm
Age Group I	7:00-8:15 pm	Dryland 5:30-6:30pm	7:00-8:15pm	3:45-5:00pm	7:00-8:15 pm
Senior (13 Year-olds and Over)					
Senior II	3:30-5:00 pm Dryland 5:30-6:30pm	3:30-5:00 pm	7:00-8:30 pm	Dryland 5:30-6:30pm	3:30-5:00 pm
Senior I	3:30-5:00 pm Dryland 5:30-6:30pm	7:00-8:30pm	3:30-5:00 pm	Dryland 5:30-6:30pm 7:00-8:30pm	3:30-5:00 pm



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TEAM EVALUATIONS

- Based on swimmer age on December 1, 2022
- By appointment. Please contact head coach Marta Anne Taddeo
- Contact bsyswimming@cccymca.org or mtaddeo@cccymca.org
- Fee: \$5
- Swimmers must be able to complete a 25 yard length on both stomach and back

INTER-SEASON SWIM CLINIC

Open to Swim Team Members and Perspective Swimmers

2 sessions per week for 4 weeks (weeks of August 7—August 31)

- Options of technique clinic (M+W) or stay-in-shape clinic (T+Th)
- Schedule 8+Under: 5-6pm, 9-11 Years: 6-7pm, 12+ Years: 7-8pm
- Fee: \$80 for one clinic, \$140 for both clinics
- Limit: 24 swimmers per clinic
- If the registration is low, groups may be condensed.



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W stratfordymca.org

