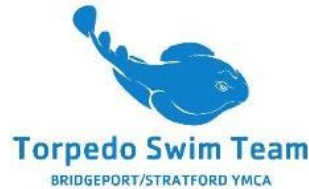


STRATFORD YMCA BSY TORPEDOES SWIM TEAM

'20-'21 SHORT COURSE SEASON INFORMATION



"Shaping the mind, body, and spirit into a streamlined vessel built for enduring success in life and the sport of competitive swimming." – BSY Mission

Our team offers a stimulating, enjoyable program that stresses stroke technique, starts, turns, and basic to advanced training. Our team ranges from entry level competitive swimmers to National Championship caliber swimmers – all are welcome and encouraged to swim with the BSY Torpedoes!

2020-2021 Short Course Dates

- 9/14/20 through 2/28/2021
- Registration begins Monday, 8/17
- New Swimmer Evaluations– Friday, 9/4 and Friday 9/11

New swimmer evaluations will be held on Friday 9/4 and Friday 9/11 from 5:00-5:30 at the Stratford YMCA; new and interested swimmers must register for one of the days. Please be sure to register for the evaluation with our membership service representatives.

BSY Torpedoes Swim Groups and Fees

Group/Level subject to change based on coach's discretion

BRONZE- 8 and Under (6 - 8 Year Olds) Introduces our youngest Torpedoes to the 4 competitive strokes (backstroke, butterfly, breaststroke and freestyle), starts, turns and most importantly ENJOYMENT through swimming. Swimmers are also introduced to competition through USA Swimming and YMCA Swimming with the goal that all swimmers will enjoy the experience and look forward to more.

Attendance: Minimum 1 practice per week, meets optional.

Fees: \$90 per month plus additional \$75 swimmer team development fee upon registering.

SILVER- Age Group (9 - 12 Year Olds) Swimmers build upon the fundamentals of the 4 competitive strokes and work to increase their overall swimming ability confidence. Swimmers are encouraged to swim outside of their comfort strokes and to work towards new and exciting opportunities in practice and competition.

Attendance: Minimum 2 practices per week, meets encouraged.

Fees: \$125 per month plus additional \$75 swimmer team development fee upon registering.

GOLD- Senior (13 and Older) Senior swimmers are expected to take ownership of their swimming and are taught the necessary skills to be successful in the pool and in life. Swimmers work closely with coaches on setting individual goals and working to achieve their goals.

Attendance: 3-4 practices per week, all meets encouraged.

Fees: \$150 per month plus additional \$75 swimmer team development fee upon registering.

The first monthly payment is due upon registering along with a \$75 per swimmer team development fee. For the months of October through February, five monthly installments will be withdrawn from your card on file at the Y on the first of each month. Meet fees will be debited from your card on file after meet entry deadline. Membership with the Stratford YMCA is required in order to participate on the swim team. The membership must last the entire duration of the swim season, termination of membership is NOT automatic and must be requested in writing per our membership policy. Please be sure to complete the entire registration packet including the waiver release form upon registering for the 2020-2021 Short Course Season– Thank you.



Practice Schedule beginning 9/14

	MON	TUES	WED	THURS	FRI	SAT/SUN
GOLD (SENIOR)	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	OFF
SILVER (AGE GROUP)	4:45-5:45 PM	OFF	4:45-5:45 PM	OFF	4:45-5:45 PM	OFF
BRONZE (8 & Under)	OFF	4:45-5:45 PM	OFF	4:45-5:45 PM	OFF	OFF

BSY Practice and Meet Information

It is great to have our full team safely back in the water. The Stratford YMCA a special place and it is great to have you on our team. We wanted to provide an update on how we anticipate the short course season to evolve regarding practice and competition. As the summer progresses, our primary focus will continue to be the health and safety of our athletes and members. Any changes to schedules and/or safety procedures will be well thought out and communicated in advance. Our goal is to increase practice frequency and/or duration for all groups over the coming weeks/months. This will obviously be dependent on State of Connecticut, CDC, and our Board of Health, Practice times may be extended or additional days added. In the meantime, our coaches will continue to provide supplemental training and dryland that athletes can do away from the Stratford YMCA.

We also wanted to share our thought process for introducing competition... Currently, USA Swimming is not permitting any sanctioned events before July 31 and it is possible that this window is extended by either Connecticut Swimming or our National Governing Body. As mentioned before, our primary focus is the safety and health of our athletes. We will only consider introducing competitions when it is safe to do so. As additional meet information is solidified, we will share with it with you.

Kind Regards– BSY Coaching Staff