

GCY Practice Squads

<p>Recreational</p>	<p>Our Recreational squad is for those swimmers looking for a structured practice but aren't quite ready for competition. Our goal is to teach the fundamentals of stroke technique while the kids have fun and learn to love the sport of swimming. <i>GCY Recreational swimmers are not required to be members of the YMCA.</i></p> <p>Ages: All ages Prerequisite: 25 yards of freestyle and backstroke Practices: offered 2 days per week for 45 minutes - no attendance requirement Cost: YMCA members - \$40/month + \$15 annual team fee Non-YMCA members - \$60/month + \$15 annual team fee Equipment: None Available at: Bryan, Spears</p>
<p>Mini Makos</p>	<p>The Mini Makos is for children just getting started with competitive swimming. The Mini squad is designed to encourage regular participation in structured practices as well as introduce local competition. The Mini's continue to focus on the fundamentals of stroke technique and basic swimming skills.</p> <p>Ages: 10 & under Prerequisite: legal in all four competitive strokes Practices: offered 3 days per week for 75 minutes - attendance of at least one practice a week encouraged Meets: various meets offered throughout the season - optional but encouraged Cost: YMCA members - \$60/month + \$75 annual team fee Equipment: Kick board Available at: Bryan, Spears, Ragsdale</p>
<p>Age Group 1</p>	<p>Age Group 1 is our introduction to age group swimming. Our swimmers continue to refine their strokes while learning the basics of training. The Age Group 1 squad is encouraged to participate in local competition and begin to learn the importance of regular practice attendance.</p> <p>Ages: 9-14 years Prerequisite: ability to perform each of the GCY foundation drills Practices: offered 6 days per week for 90 minutes - attendance of at least three practice a week encouraged Meets: various meets offered throughout the season - optional but encouraged Cost: YMCA members - \$65/month + \$75 annual team fee Equipment: Kick board, fins, pull buoy Available at: Bryan, Spears, Ragsdale</p>

<p>Age Group 2</p>	<p>Our most advanced age group level focuses on stroke refinement and physical conditioning in order to prepare our athletes for Senior level swimming. Age Group 2 swimmers compete at the local and regional level and are required to attend at least four practices each week.</p> <p>Ages: 10-15 years Prerequisite: GCY foundation drills plus two BB times Practices: offered 6 days per week for 105 minutes - attendance of at least four practices a week is required Meets: various meets offered throughout the season – optional but encouraged Cost: YMCA members - \$70/month + \$75 annual team fee Equipment: Kick board, fins, pull buoy, optional: snorkel Available at: Bryan, Spears, Ragsdale</p>
<p>Senior</p>	<p>Our introduction to Senior swimming, the Senior squad is designed for those athletes preparing for our National squad as well as high school and summer league swimming. Athletes at this level are introduced to more advanced training methods and are challenged on a daily basis.</p> <p>Ages: 12 years & older Prerequisite: 200 in all four competitive strokes Practices: offered 6 days per week for 150 minutes - attendance of at least three practice a week encouraged Meets: various meets offered throughout the season – optional but encouraged Cost: YMCA members - \$80/month + \$75 annual team fee Equipment: Kick board, fins, pull buoy, paddles, optional: snorkel Available at: Bryan, Ragsdale</p>
<p>National</p>	<p>Our most advanced squad is for those athletes dedicated to training for National level competition. The National squad demands a high level of commitment and dedication. Time management is crucial to balance the academics and physical demands of training at this level. Commitment to a year-round training plan and attendance of at least 6 workouts each week during the school year and 7 workouts each week during the summer is required.</p> <p>Ages: 13 years & older Prerequisite: 200 in all four competitive strokes Practices: offered 6 practices per week for 150 minutes and 3 morning practices for 90 minutes – mandatory attendance of at least six practice per week Meets: various meets offered throughout the season - select meets mandatory Cost: YMCA members - \$90/month + \$75 annual team fee Equipment: Kick board, zoomers, pull buoy, paddles, snorkel Available at: Bryan</p>