



## RLH YMCA RAPIDS School Year Swim 2023-2024

### Swim Team Information Practice Schedule

#### Schedule Meets and Breaks

Swimmers are expected to compete in swim meets. We will have one meet per month during the school year. **Both December and April Champs are required for all swimmers.**

#### Spring '24 Meets (TENTATIVE):

January TBD

Sat, Feb 24 Coppell YMCA

Sun, Mar 24 TBD YMCA

Apr 27-28 Spring Champs

**All practices listed in chart are PM.**

**We will not have practice the days/weeks of RICHARDSON ISD**

**scheduled breaks. Make sure to check the Team Calendar on our TeamUnify page (directions will be emailed out).**

LEVEL	Days	MON	TUES	WED	THURS	FRI
White 1 (L1)	M/T/W	5-5:30	5-5:30	5-5:30	off	off
White 2 (L1)	M/T/TH	5:45-6:15	5:45-6:15	Off	5:45-6:15	off
Blue (L2)	M/W/TH	5-5:45	off	5-5:45	5-5:45	off
Bronze (L3)	M,T,W,F	5-5:45	5-5:45	5-5:45	off	5-6
Silver (L4)	M- F	5-6	5-6 6-6:15 DL	5-6	5-6 6-6:15 DL	5-6
Gold (L5)	M-F	5:30-5:45 DL 5:45-7	5-6:30	5:30-5:45 DL 5:45-7	5-6:30	5-6
Senior 1 (L6)	M-F	5:30-7:30	5:30-5:45 DL 5:45-7	5:30-7:30	5:30-5:45 DL 5:45-7	5-6
Senior 2 (L6)	T/TH/F	off	6:30-7:30	off	6:30-7:30	5-6

#### Fee Schedule

All swim families will be required to set up monthly drafts using an online platform. You will pay the first month at registration time. Team fees are broken down into twelve equal payments over the course of year, starting in August and ending in July. Draft will happen on the 15<sup>th</sup> of each month. You will be given the option to stop your June and July draft if you cannot swim in the summer. Please understand you are not paying by month. You are paying 12-equal payments for year-round swim team.

Failure to maintain payment will result in loss of team participation. \*Monthly draft may be stopped with 30 days' notice. Notice must be sent via email to the head coach, Xandra Damon, at [xdamon@ymcadallas.org](mailto:xdamon@ymcadallas.org).

\*Financial Assistance is available and made possible through contributions made to our annual campaign.

**2024 LEAGUE REGISTRATION FEE = \$35 PER ATHLETE (expires 12/31/2024, nonrefundable)**

**League Registration is due in January (or the first month on the team) for all Swimmers.**

LEVEL	Member Monthly Rate	Non-Member Monthly Rate	CANCELLATION POLICY
White	\$60	\$80	*30-day written notice to the Aquatics Director and Head Coach \$100 cancellation fee
Blue	\$70	\$90	
Bronze	\$95	\$115	
Silver	\$120	\$130	
Gold	\$130	\$150	
Senior 1	\$140	\$160	
Senior 2	\$95	\$115	

## Rapids Swim Team Level Description

**White Group (Level 1):** Must be able to swim at least halfway down the pool (12-15 yards) **without assistance** on stomach and back. Must be able to swim in deep water unassisted. (This group may not compete at all swim meets). This is for ages 3 to 6 and will practice three times a week for 30 minutes each. *Please attend at least two practices per week on average.*

**Blue Group (Level 2):** Swimmers must be able to **swim 25 yards** freestyle with basic side breathing and **25 yards** backstroke. This is for ages 5 to 8 and will practice three times a week for 45 minutes each. *Please attend at least two practices per week on average. This group DOES compete.*

**Bronze Group (Level 3):** Swimmers must be able to swim **50 yards freestyle and backstroke without stopping**. Must have working knowledge of breaststroke and butterfly, dive off starting block and be able to circle swim. This is for ages 7 to 11 and will practice four times a week. *We ask that swimmers be able to attend at least two practices a week on average and is building up to competing if they aren't already.*

**Silver Group (Level 4):** Swimmers must have **at least 3 legal strokes and must be between 8 and 11 years old**. This group must be able to swim 1800-2200 yards in daily practice and *attend 3-4 practices a week on average. This is a competitive practice group and swimmers must attend at least two meets (including champs per semester).*

**Gold Group (Level 5):** Swimmers must be **at least 10 years old, be able to complete 50 of each stroke and 100 IM** and maintain intervals and be able to swim 2000-3000 yards in practice and *attend a minimum 3-4 practices a week on average. This is a competitive practice group and swimmer must attend at least two meets (including champs) per semester.*

**Senior 1 Group (Level 6):** Swimmers must be **at least 11 years old, be able to swim 100 of each stroke in a swim meet** and maintain intervals set by coach. Swimmers must be able to swim **2800-3800 yards or more** in a practice and *attend 4-5 practices a week on average. Please note, this is a highly competitive group and the swimmers must compete in three meets (including champs) per semester.*

**Senior 2 Group (Level 6):** Swimmer must be **at least 11 years old** and maintain intervals set by coach. This group is for those swimmers involved in many other activities during the school year or swimmers who would like to balance other sports with swim. We encourage swimmers to join who need a later practice time. *This is still a competitive practice group and at least two meets per semester are required.*

Please use this link [Swim Assessment RLH Rapids](#) to receive information on swim assessment dates. You may also email Head Swim Coach Xandra Damon for more information at [xdamon@ymcadallas.org](mailto:xdamon@ymcadallas.org)