

Y SWIM TEAM

Franklin County Family YMCA RIPTIDE

The goal of the FCFY Swim Team Program is to provide a graduated competitive swim experience based on age and ability where our athletes can learn the value of hard work, realize the satisfaction of pursuing a worthwhile goal and have fun while participating in the program. The Swim Team provides an opportunity for the personal growth of the swimmer as an individual and as a member of a team. There is a place for everyone on the team whether their goal is fitness or the Olympics.

LEAGUE ELIGIBILITY REQUIREMENTS

- Be a member of the Franklin County Family YMCA.
- Ages 5 through High School Seniors
- Must be able to swim at least 2 of the 4 competitive strokes for at least 1 length of the pool and/or have a recommendation from a swim instructor.
- Turned in payment and completed Swim Team Registration Form for school year 2010-11 to Y Front Desk.
- Parents of "first-time" swim team participant may contact Rob Turman at 489-9622 to schedule a parent orientation meeting.
- More information on reverse side of this flyer.

PAYMENT OPTIONS

1 Payment	4 Payments Monthly	FCHS Swim Team Participants
\$244 due 9/27	\$61 due 9/27 \$61 due 11/1 \$61 due 12/1 \$61 due 1/1	\$30 due 9/27 \$20 due 11/1 \$20 due 12/1 \$20 due 1/1

Monthly payments are due by the 1st of each month with first monthly payment due 9/27/10. Monthly bills will not be rendered. Participants are responsible for making monthly payments by the 1st of each month at YMCA Front Desk. **A late fee of \$5 will be added to payments received after 7th of the month.**

WEEKLY PRACTICE SCHEDULE **BEGINS MONDAY, SEPTEMBER 27, 2010**

Monday, Tuesday, Wednesday, Thursday
6:00 to 7:30 p.m.

Practice and level assignments are made by Coaches. Occasionally practice will not be held due to scheduling issues and this will be announced in advance.
Season ends in late February .

SWIM MEETS

As a member of the Piedmont YMCA Swimming Association (PYSA) the team will promote and participate in local and regional competitions sanctioned by this body. These competitions progress in proportion to the abilities of a swimmer. In order to meet the stated objectives, the team supports swimmers at all levels of competition from the novice swimmer at the introductory level meets, to the more advanced swimmer at "All Star" championship competitions. List of this season's meets are listed on back of this flyer.



FRANKLIN COUNTY FAMILY YMCA

235 Technology Drive P.O. Box 720
Rocky Mount, VA 24151
540.489.YMCA (9622)
www.franklincountyyymca.org

SMITH MOUNTAIN LAKE YMCA

293 FirstWatch Drive
Moneta VA 24121
540.721.YMCA (9622)
www.franklincountyyymca.org



Our YMCA is a
United Way
Partner Agency

FRANKLIN COUNTY FAMILY YMCA SWIM TEAM

The team emphasizes a strong knowledge of technique and developing a strong aerobic base. Stroke and technique specialization are added in higher age and experience levels. Swimmers train for all strokes and distances available for their age group.

Practice assignments are made by the Coaches. Practice assignments are based on the age and capacity of each child's level of ability. If you have any questions or requests for exception or variation to your swimmers' practice schedule please do not hesitate to contact the Coaches. Please call Rob Turman or Kevin Borellis regarding any administrative swim team issues or with any questions or concerns you have about the YMCA Swim Team program.

SWIM ATTIRE

Competitive swim suits are required. Goggles and swim caps are strongly recommended.

PARENT PARTICIPATION REQUIREMENTS

A successful swim team program depends on positive and active parental involvement, including both encouragement and support of the swimmer and regular volunteering in the program. Because of the nature of the sport, parents are needed to help in all swim meets. Therefore, we ask at least one adult from each participating family serve in a volunteer capacity during the majority of away swim meets.

Please Note: Parents of "first-time" swim team participant may contact the YMCA regarding a parent orientation meeting.

FEE REQUIREMENTS

- 1) Membership with the Franklin County Family YMCA is a PYSA league requirement.
- 2) Swim Team Fees are listed on the other side of this flyer. There are two payment options. The one-payment option is strongly encouraged and must be paid at the beginning of the season. The 4-payment monthly option requires that a monthly payment be made at the YMCA Front Desk by the 1st of each month, beginning with October. Monthly bills will not be rendered. It is the responsibility of the parents to see that monthly payments are submitted by the 1st of each month. Payment for the current month must be received in order for a participant to attend practice or meets. A late fee of \$5 will be due on payments made after the 7th of the month. Swimmers paying monthly who decide not to finish the season must advise Rob Turman. If after two weeks a swimmer does not wish to remain on the team please contact Rob Turman. Meet entry fees are charged for participation in invitational and championship meets.

2010-2011 SWIM MEET SCHEDULE

Home Meets	Away Meets	Away Meets
11/6/10 Franklin County Invitational	11/13/10 @ Alleghany	1/22/11 @ Martinsville
2/5/11 Franklin County	11/20/10 @ Eden Fall Fling	1/29/11 @ Bedford
Championship Meets	12/4/10 @ Martinsville	2/19/11 @ Eden Winter Fling
3/12/2011 @ Roanoke Last Chance	12/11/10 @ Eden	3/4,5,6/2011 Champs @ Bedford
3/18,19,20/2010 Regional Location TBA	1/15/11 @ Alleghany	