

Chapel Hill – Carrboro YMCA

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Season Information and Preparation Programs

Spring Splash

This is a 4-week stroke and technique-intensive program offered by our Chapel Hill YMCA Swim Club coaching staff for swimmers who are interested in competitive swimming and are not currently a part of the Chapel Hill YMCA Swim Club. This is a great refresher course for swimmers who are hoping to join a summer swim league team. Each week will be devoted to one of the four competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly. Practices are held in the afternoons at the YMCA.

Spring Conditioning

This program is structured for those already on the Chapel Hill YMCA Swim Club who wish to stay in physical and technical shape for summer swim league, but not participate in the Chapel Hill YMCA Swim Club Long Course program. They will remain with their current practice group and do the same workouts as their teammates. Their "season" will end with the last day of school. Practices are held during their respective practice group times.

Long Course

This is a continuation of the Chapel Hill YMCA Swim Club year-round program, structured for those swimmers who wish to continue their current training and competition throughout the summer season and want to be serious about swimming and their improvement. Swimmers will compete in a 50-meter pool (Olympic size) during meets. This program is open to anyone who is interested. Practices are held in the mornings at the YMCA at Meadowmont and afternoons at the SportsPlex in Hillsborough.

Chapel Hill – Carrboro

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Starting Blocks

This program is designed for swimmers preparing for swim team who are 6 -14 years old. In the Starting Blocks program, swimmers work towards improving their stroke quality, endurance, and prepare for swim team, including learn proper swimming terminology, learn how to participate in a team environment and a willingness to accept coaching critique. An intrasquad meet or time trials will be held at the end of the session. Swimmers will be evaluated on the first day of class, or can sign up for an evaluation before registering.

Prerequisite: Swim 25 yds. Freestyle with basic breathing, 25 yds Backstroke with arms coming out of the water and steady kick, Rudimentary Breast stroke, Basic Diving skill or have completed Minnow level.

YMCA Swim Lessons

In addition to swim team, the YMCA offers swim lessons to kids and adults of all ages and abilities.

for more information about swim team, please

Lori Riegler
Director of Competitive Swimming
Head Senior Coach
lriegler@chcymca.org

Jim Kelly
Head Age Group Coach
jkelly@chcymca.org



For more information on group and private swim lessons, visit www.chcymca.org or contact:

Lanie Beech, Aquatics Director
lbeech@chcymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A LITTLE HEALTHY COMPETITION

SWIM TEAM
CHAPEL HILL – CARRBORO



TEACHING CHARACTER THROUGH EFFORT

The CHCYMCA swim club emphasizes the enjoyment of swimming and the satisfaction that comes from doing your best. Improvement in stroke mechanics, sportsmanship and character are stressed as the most meaningful victories. Each swimmer is provided with the best program, in an effort to help the swimmer strive to reach their full potential.

Sand Sharks

This group is for 8 & Unders and some 9-10 swimmers who are learning all four competitive strokes. A strong emphasis is placed on stroke mechanics. The emphasis is on developing the fundamentals of the four strokes by means of drills and games that create an enjoyable atmosphere for instruction. Emphasis will then move to stroke, starts, turns, and the basic rules of competitive swimming. 3 practices per week are recommended.

Requirements:

- Ages 10 and under
- Must be able to swim 25 yards freestyle with rotary breathing unassisted, and a 25 backstroke unassisted.
- Must have correct arms and kick for breaststroke, and a working knowledge of butterfly.
- Must be able to dive from standing or kneeling position from the side.

Will learn:

- Proper technique for all 4 competitive strokes
- Flip turns and open turns
- Diving from the starting blocks



Makos

This group is for swimmers who can complete training sets in all four strokes. Technique improvement will continue to be the emphasis. Maintaining good technique over the course of longer swims will be a key component to this group. 3-4 practices per week are recommended.

Requirements:

- 9-10 and some 11-12 year olds
- Must be able to swim 100 yards of freestyle continuously and legally
- Must be able to swim 50 yards of backstroke continuously and legally
- Must be able to swim 25 yards of breaststroke and butterfly legally
- Must be comfortable with the diving blocks

Will learn:

- Proper technique for all 4 competitive strokes
- Proper technique for flip turns and open turns
- Proper technique for racing dives
- Basic understanding of swimming sets and pace clock

Hammerheads

This group of swimmers will begin to make the transition from technique training to interval/ endurance training. Swimmers will continue to focus on improved technique, but will begin to develop a background in distance freestyle and IM training. These swimmers will begin to make commitments to their swimming. 3-4 practices per week are recommended.

Requirements:

- Top 9-10 and 11-12 year olds
- Must be able to swim 500 yards of freestyle continuously and legally with flip turns
- Must be able to swim 100 yards of each competitive stroke legally, continuously and with proper turns
- Must have good listening skills

Will learn:

- Basic race strategies
- Swimmers will learn to read and utilize the pace clock
- Swimmers will build their aerobic capacity through increased yardage and training intensity

Tiger Sharks

This is CHY's top age group practice group. Swimmers will demonstrate the ability to train IM and distance freestyle. There will still be a strong emphasis on technique training with an increase in interval/ endurance training. Racing strategies and mental preparation is also introduced. This group serves as a transition between age group swimming and senior level swimming. 4-5 practices per week are recommended.

Requirements:

- Ages 11 and over (*only 10 years old with "AA" times will be admitted to this group)
- Must be able to swim 1000 yards of freestyle continuously and legally with flip turns
- Must be able to swim a 400 IM continuously, legally and with proper turns
- Good listening skills
- Year round swimming is strongly encouraged
- Attendance at daily practices is expected
- Must be comfortable with and able to read the pace clock

Will learn:

- Race strategies
- Swimmers will build their aerobic capacity through increased yardage and training intensity
- Basic goal setting

Senior II

The senior 2 group is CHYSC's introduction to senior level swimming. The polishing of stroke technique, starts, and turns are important at this level, while general distance and IM work is also emphasized. This group is also for those 13 & over (or soon to be 13) athletes that swim seasonally, are multi-sport athletes or who just want to swim to be involved with the sport. Swimmers must have the ability to handle the physical demands to uphold a rigorous training regimen to allow opportunity to move to the Senior I group. It is strongly recommended to attend 4-5 practices per week.

Senior I

This group is only for athletes committed to reaching their full swimming potential. The emphasis on this group is high levels of endurance, strength and speed conditioning with technique refinement. This group will work on training longer distances, IM work, interval training, aerobic base development, and preparing for a stronger commitment to swimming. It is strongly recommended that swimmers attend 6 practices, Strength training may be utilized pending a meeting between swimmer, parent and coach.

National Group

Training is geared toward national competition and beyond. This group is only for athletes fully committed to swimming. The emphasis of this group is on higher levels of endurance and speed training than the Senior I group. IM training, interval training and aerobic base development will remain an important focus. Strength training is an additional part of the National Group. Three mornings per week will be dedicated to strength (weight) training at the YMCA. This is the only group with practice requirements. Swimmers must attend the 3 weekday morning practices and 5 additional practices.

General Practice Information

The Sandshark, Mako, and Hammerhead practice groups practice at the YMCA Monday through Friday between the hours of 3pm and 6pm, and Saturdays from 7:45am-9am. The Tigers, Senior II, Senior I and National groups practice at the SportsPlex in Hillsborough Monday through Friday between 4:30pm and 6:30pm, and Saturdays from 8am-10am.

