

# MYST Practice Group Requirements

The following are the practice groups for the MYST swim team. Swimmers are placed in groups based on a combination of both age and ability. There are pre-requisites to joining a group which are listed below each heading. These pre-requisites are subject to lane space and coaches will have final decision on group placement.

## **Squid Squad (ages 5 & older)**

- Must be able to swim 25 yards of Freestyle and Backstroke
- Must be safe in deep water without assistance
- Must be able to handle being in a large group setting
- Two practices per week recommended
- No swim meets requirement for this group

## **White Team (ages 7 & older)**

- Must be able to swim 25 yards of Freestyle and Backstroke
- Should have some knowledge of the four competitive strokes
- Two practices per week recommended
- Swim meets are not required for this group but swimmers encourage to compete in YMCA meets
- **Pre-requisite:** Squid Squad or swim lesson equivalent

## **Green Team (ages 7 & older)**

- Must be able to swim 50 yards of Freestyle and Backstroke
- Must be able to swim 25 yards of Butterfly and Breaststroke
- Swimmers will be expected to learn how to read a pace clock
- Two practices per week recommended (out of 3 offered)
- YMCA meets are required for this group.
- **Pre-requisite:** Participation in White team or swim lesson equivalent

## **Orange Team (ages 9 & older)**

- Must be able to swim 50 yards of Freestyle and Backstroke
- Must be able to swim 25 yards of Butterfly and Breaststroke
- Two practices per week recommended (out of 3 offered)
- YMCA meets are required for this group.
- **Pre-requisite:** Participation in Green team or swim lesson equivalent

## **Blue Team (ages 11 & older)**

- Must be able to swim 50 yards of Freestyle and Backstroke
- Non-competitive group for swimmers interested in the benefits of swimming
- No practice or swim meet requirement to be part of this group

## **Purple Team (ages 11 & older)**

- Must be able to swim 50 yards of Freestyle and Backstroke
- Must be able to swim 25 yards of Butterfly and Breaststroke
- Two practices per week recommended (out of 3 offered)
- YMCA meets are required for this group.
- **Pre-requisite:** Participation in Orange team or swim lesson equivalent

# MYST Practice Group Requirements

## **Bronze Team (ages 9 & older)**

- Must be able to swim 50 yards of Freestyle and Backstroke
- Must be able to swim 50 yards of Butterfly and Breaststroke
- Must be able to swim 6 x 50 on 1:10
- Three practices per week recommended (out of 4 offered)
- swimmers are required to complete 3 YMCA meet rule and USA meets encouraged
- swimmers will continue to develop competitive strokes and become proficient at starts and turns, entering a more training like environment

## **Silver Team (ages 11 & older)**

- Must be able to compete in a 200 Free and 200 IM
- Must be able to swim 100 yards of all four competitive strokes
- Must be able to complete 10 x 100 on 2:00
- Three practices per week recommended (out of 5 offered)

## **Gold Team (ages 11 & older)**

- Must be able to compete in a 200 Free and 200 IM
- Must be able to swim 100 yards of all four competitive strokes
- Must be able to complete 10 x 100 on 1:45
- Swimmers will expected to complete 3000-5000 yard practices
- Four practices per week expected (out of 6 offered)
- Swimmers are required to complete their YMCA meet requirement and USA meets expected

## **Senior Team (ages 13 & older)**

- Must be able to compete in a 400 IM and 500 Free
- Must be able to swim 200 yards of all four competitive strokes
- Must be able to complete 10 x 100 on 1:30
- Swimmers will be expected to complete practice 4000-6000 yard practices
- Attendance at practice is expected and those who fail to show up regularly will be asked to leave the group
- Swimmers who do not meet a high practice standard will not be allowed to attend travel meets even if qualified
- Swimmers are required to complete their YMCA meet requirement and USA meets expected