



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# PROGRAM OVERVIEW

## AGE: 5-18 YEARS

### NON-COMPETITIVE TEAMS

AGE: 5 years+

#### SQUID SQUAD

AGE: 5 years+

For entry level swimmers who are new to swim team.

#### WHITE TEAM

AGE: 7 years+

For swimmers with experience on Squid Squad or swim lesson equivalent.

#### BLUE TEAM

AGE: 11 years+

For swimmers who enjoy swimming but are not interested in competing.

#### Outcomes

Our non-competitive teams are there for swimmers to build confidence in the water and develop proper stroke techniques. Swimmers will be taught the fundamentals of all four strokes. The goal of these non-competitive teams is to prepare the swimmers to one day transition to our competitive teams. Participants may compete in swim meets but there is no requirement for swimmers on these teams.

### COMPETITIVE TEAMS

AGE: 7 years+

#### GREEN TEAM

AGE: 8 years and under

Competitive team. Must be able to complete 50 yards of freestyle and backstroke.

#### ORANGE TEAM

AGE: 9 years+

Must be able to complete 50 yards of freestyle and backstroke, as well as some fly and breast.

#### BRONZE TEAM

AGE: 9 years+

For swimmers competent in all four strokes. Three practices per week are expected to be in this group.

#### Outcomes

These are our beginner level competitive teams within the MYST program. The focus of these groups is to teach swimmers about goal setting and work with them to achieve success in the pool. Swimmers in these groups will spend the majority of their time at practices working on fundamentals and should have a foundation of all of the strokes. They will also begin to learn about training in their practices.

### COMPETITIVE TEAMS

AGE: 11 years+

#### PURPLE TEAM

AGE: 11 years+

For swimmers legal in all four strokes. Two practices per week is expected.

#### SILVER TEAM

AGE: 11 years+

For swimmers who can complete 100 yards of each stroke legally. Three to four practices per week required.

#### GOLD TEAM

AGE: 11 years+

For swimmers who are able to complete high level practices. Swimmers must attend four practices per week to remain in this group.

#### SENIOR TEAM

AGE: 11 years+

For swimmers who will compete for their High School teams during our season. Contact the coaches to find the specific practice your swimmer should attend.

#### Outcomes

These are our most competitive teams within the MYST program. Swimmers in these teams will be asked to place a higher priority on training with an emphasis to compete at a high level. Swimmers will be asked to meet certain practice requirements to remain on these teams.