



Twin Pike Torpedoes Swim Team

2021-2022
FALL/WINTER
SEASON

HEARTLAND AREA YMCA SWIMMING AND USA SWIMMING



Torpedoes Heartland Area YMCA and USA Swimming Swim Team:

August 30th - March 2022, Ages 5 and Up

USA Swimming registration (\$20 - \$72 additional fee) is optional but required to participate in USA Swimming meet events. Meet schedule will include USA Swimming meets and Heartland Area YMCA meets (swimmers not USA Swimming registered will not be able to participate in the full meet schedule). Coaches will determine practice and registration groups.

Green Group: Green Group is for beginner level/younger swimmers and features separate practice time and more individual attention. It emphasizes stroke instruction, starts and turns, practice and meet procedures, and FUN! Practices are M,W,F 5:00-6:00 PM. **Y Members \$45/month**

Blue 1 Group: Blue Group 1 is for intermediate level swimmers. It emphasizes stroke mechanics, starts and turns, practice and meet procedures, and FUN with a attention to conditioning and endurance! Practices are M,W,F 5:30-7:00 PM. **Y Members \$50/month**

Blue Group 2: Blue Group 2 is for advanced level swimmers. It emphasizes stroke mechanics, starts and turns, practice and meet procedures, and FUN with focus on conditioning and endurance with an extra 1/2 hour for the dedicated swimmer! Practices are M,W,F 5:30-7:30 PM. **Y Members \$55/month**

Silver Group: Silver Group is for the serious competitor. Focus on conditioning, endurance, strength, and fine tuning of starts, strokes, and racing techniques. Must be able to swim all 4 competitive strokes and swim 4x100 free on 1:40. Practices are M-F 5:30-7:30 PM. **Y Members \$70/month**

Torpedoes Swim Team Tryouts: Swimmers must be able to swim 25 yards (1 length of pool) showing competency in 2 different strokes. Please contact coach Joe to schedule a tryout. Swimmers who have prior swim team experience or have passed the Twin Pike Family YMCA's swim tests may not require a tryout.

**CONTACT COACH JOE MACLAUGHLIN FOR MORE INFO 573-754-4497,
joe.maclaughlin@twinpikefamilyymca.org**