



CCY PIRANHAS

Training Groups

Senior Group

This group is for swimmers ages 13 to 18. These swimmers have the highest level of both skill, ability, and commitment to swimming. Practice and dual meet attendance is mandatory. Invitational meets are encouraged. USA swimming registration is strongly encouraged. Senior team members will have 5 practices and 3 dryland training classes per week. Training is from certified coaches and trainers. Swimmers will practice through their last qualifying championship meet. **Participation is by invitation only.**

Junior Group

This group is for swimmers ages 11 - 14. These swimmers have the highest level of both skill, ability, and commitment to swimming. Practice and dual meet attendance is mandatory. Invitational meets are encouraged. USA swimming registration is strongly encouraged. Junior team members will have 5 practices and 1 dryland training class per week. Training is from certified coaches and trainers. Swimmers will practice through their last qualifying championship meet. Participation is by invitation only.

Prep Group

This group is open to swimmers age 9 and up. Practice groups will be determined by age and ability. Y dual meet attendance is expected. This training group accommodates the busy schedules of active children who wish to participate in winter swimming. This group also serves as a transitional group for those swimmers hoping to join the Junior and Senior groups. Prep members will have 3 practices per week. Swimmers will practice through the end of the dual meet season.*

Cadet Group

This group is for swimmers ages 7 to 10. The practice sessions consist of stroke work and endurance training. These swimmers are relatively new to winter swimming. Y dual meet attendance is expected. . Emphasis is on fun, fitness and good swimming technique. Cadet swimmers must be able to swim freestyle and backstroke for a minimum of 25 yards continuously. Cadet members will have 3 practices per week, and swimmers will practice until the end of the dual meet season or the 8 and under championship meet



Our Philosophy

The Carroll County Y (CCY) Piranhas competitive swimming program is designed to provide young swimmers with an opportunity to develop a healthy mind, body and spirit. We strive to develop the character of our swimmers by building on the four core values of the Y and we aim to strengthen families through their involvement in the program. Our goal is to make our swim team a positive experience for everyone involved; an experience that promotes a lifetime of fitness in the spirit of teamwork and the methods of appropriate competition.



RESPONSIBILITY



It's deeper here.™

For more information contact
Denise McVery
Phone: 410-848-3660 x235
Email: denisemcvery@ymaryland.org.

CCY PIRANHAS



Welcome to the

2009-2010

CCY Piranhas

www.ccyswimming.org



SWIM TEAM

Y of Central Maryland
Carroll County Center
1719 Sykesville Road
Westminster, MD 21157
410-848-3660 x310

CCY Piranhas

Fall/Winter Season Schedule

Registration:

Returning Swimmers Only:

July 27th 5:30-7:00PM

New and Returning Swimmers

July 30th, August 18th, August 27th

*All registration times are 5:30-7:00.

*All new swimmers please be prepared to swim to be placed in an appropriate practice group.

Calendar

*Meet the Coaches Night:
Wednesday September 2,
6:00-7:00PM



Practice:

Starts the week of September 8th for Senior, Junior, and Prep groups. Practice for Cadet and Novice groups begins the week of 10/5/09.

Dual Meet Season: Nov-Feb

Championship Season: Feb-April

Team Program Fees

Seniors: \$710 Juniors: \$600 Prep: \$510

Cadet: \$395 Novice: \$290

Note:

- \$80 non refundable registration fee due at registration.
- All YMCA Dual meet fees are included in the Team Fees.
- Team Fees do not include optional USAS registration or USAS meet fees (to be paid separately).
- Team Fees may be paid in full at time of registration or using a three month payment plan.
- YMCA Family or Youth membership required.



Tentative Practice Schedule

Senior/Junior

- Sa: 7:00AM - 8:30AM*
- M,W: 6:00PM - 8:00PM
- Tu, Th 7:30PM - 9:30PM
- Dryland: Tu, Th: 7:00-7:30PM
- 3rd practice to be determined
- Junior finishes 30 minutes earlier

Prep Groups

Different times and days are based on enrollment.

Cadet

- Tu, W, F 5:00PM-6:00PM

Novice

- Tu, Th 4:00PM-4:45PM

***Note:** Practice schedule is subject to change. The final schedule will be determined by enrollments as of September 7th.

Novice Group

The novice group is designed for swimmers 9 and under that are new to competitive swimming. Swimmers must be able to swim the length of the pool with their face in the water. Swimmers must also be comfortable on their back in the water. Novice swimmers will practice 2 times per week. Y dual meet attendance is encouraged. Swimmers will practice until the end of the dual meet season.