

## GO TSUNAMIS!!!!

The Sussex Family YMCA participates in the Delmarva Swim Association (D.S.A.) in the summer. The participating teams in D.S.A. are located up and down the Delmarva Peninsula.

To get more information on competitive swimming at the Sussex Family YMCA, please call or email

Lydia A. Schmierer  
(302) 296-YMCA ext. 116  
lschmierer@ymcade.org

### Meet Schedule

Warm-ups at 5:00 pm

Monday, June 21 SCST/CAST

Monday, June 28 SSA/SGCC

Thursday, July 1 LYC

Thursday, July 8 SSA

Saturday, July 10 **Shomen Invit.\***

Monday, July 12 **CDEL (HOME)**

Thursday, July 15 KENT

Saturday, July 17 **Kent Invitational\***

Monday, July 19 LYC/SGCC  
(Lewes)

Thursday, July 22 GH/CAST

Saturday, July 31 **DSA Champs**  
at UMES\*

**\*Qualifying Times and/or  
Meet Fees Apply**

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[www.swimmingtsunamis.org](http://www.swimmingtsunamis.org)



# Tsunamis

**SUMMER SWIM  
TEAM  
2010**

**June 7th  
to  
July 31st 2010**

## **PARENT MEETING**

**Tuesday-June 1, 2010**

**5:00 pm**

### **SWIM SUIT FITTING**

**Wednesday-June 2, 2010**

**4:00 - 7:00 pm**

### **Program Structure:**

Practice groups are based on both age and ability and will be assigned by the coaches.

It is extremely important to respect the level and practice sessions assigned to each swimmer by the coaching team

**Level 1** is designed for the novice swimmer  
Ages **8 & under**

**Requirements-** Swimmer must be able to swim one length of freestyle and one length of backstroke without stopping. Stroke mechanics and proper technique of all four competitive strokes with an introduction to endurance swimming.

**Practice-Monday & Wednesday**  
**4:30-5:30pm**

**Meets-** Attend a minimum of 4 dual meets

**Full Member: \$115**  
**Program Member: \$215**

**Level 2** is designed for the novice swimmer  
Ages **9 & older**

**Requirements-** Swimmer must be able to swim one length of freestyle and one length of backstroke without stopping. Stroke mechanics and proper technique of all four competitive strokes with an introduction to endurance swimming.

**Practice-Monday & Wednesday**  
**4:30-5:30pm**

**Meets-** Attend a minimum of 4 dual meets

**Full Member: \$115**  
**Program Member: \$215**

**Level 3** is designed for the more experienced swimmer who still requires primary stroke instruction. Emphasis on competitive training

**Requirements-** Swimmer must be able to swim 2 lengths of freestyle and 2 lengths of backstroke without stopping; also have a working knowledge of breaststroke and butterfly. Stroke mechanics and proper technique of all four competitive strokes with an introduction to endurance swimming.

**Practice-Monday & Wednesday**  
**4:30-5:30pm**  
**Tuesday 4:00-5:00pm**

**Meets-** Attend a minimum of 4 dual meets

**Full Member: \$145**  
**Program Member: \$245**

**Level 4** is designed for the experienced swimmer who is serious about training and competition. Stroke mechanics, heavy conditioning and dry land training.

**Requirements-** Swimmer must be able to swim a competitive/legal 100IM (including start/turns) without stopping

**Practice-Monday & Wednesday**  
**5:30-7:00pm**  
**Tuesday & Thursday 5:00-6:30pm**

**Meets-** Attend a minimum of 4 dual meets and recommend 2 Invitational Meets

**Full Member: \$165**  
**Program Member: \$265**

**Level 5** is designed for the serious swimmer. Individual goal setting, refined stroke mechanics, dry land and training in middle to long distance events.

**Requirements-** Coaches recommendation

**Practice-Monday & Wednesday**  
**5:30-7pm**  
**Tuesday & Thursday 5:00-6:30pm**

**Meets-** Attend a minimum of 4 dual meets and recommend 3 USA Swimming or Invitational Meets

**Full Member: \$165**  
**Program Member: \$265**