



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STROKE STRONGER AND SMARTER

CUMBERLAND CAPE ATLANTIC YMCA | Y COMPETITIVE SWIMMING

» 6-18 YEAR OLDS | APRIL 15 – JULY 2024

Three Y competitive program options – evening practice offered
(2024 – 13-18 year olds only – may have early morning practice option):



1. Y Summer Sea Otters + USA Swim Team program; USA, Dual, & YMCA meets (April 15 – July 27)

- Great for those who want to try competitive swimming
- Experience the summer team atmosphere without pressure
- Work on stroke mechanics and endurance
- Swim dual meets with South Jersey league team and other local meets
- USA Swimming registration required for each swimmer

2. Summer only Y Sea Otters Swim Team (June 3 – July 27)

- Great for those who want to try competitive swimming
- Experience the summer team atmosphere without pressure
- Work on stroke mechanics and endurance
- Swim dual meets with South Jersey league team and other local meets

3. 2023-2024 Swimmers swimming at their local Summer Swim Club, but want to swim USA Meets Only

- Want to participate in USA summer swim meets with the Y team
- Practice only at your local summer swim club
- Option for those practicing with a summer outdoor club to participate in the summer USA meets with the YMCA swim team
- USA Swimming registration required for each swimmer (additional fee); there will be additional fees for events entered for each USA meet

Y Sea Otters Swim Team Program Fee and Forms Information:

- » **OPTION 1:** Payments are made by April 15 with Y member service staff via cash, check or credit card; the 2nd and 3rd payments are made via a bank draft, using the Y Summer Sea Otters Swim Team Monthly draft agreement form on June 5 and July 5 or pay in full. You may pay in full in person at the Y, over the phone or through your Y membership Online Account using your on-file bank account or credit card. There will be additional USA Meet entry fees charged for each meet you choose to enter and each event a swimmer elects to register for through your Team Unify account.
- » **OPTION 2: June 3 – July 27** Payments are made in full by June 3 and are made with Y member service staff via cash, check or credit card; there will be additional meet entry fees charged if you elect to attend other non-dual meets – i.e. Mini, Midi, or YMCA.
- » **OPTION 3: April – July** USA Swim meets only – Payments are made in April for the full amount with Y member service staff via cash, check or credit card; there will be additional USA Meet entry fees charged for each meet you choose to enter and each event a swimmer elects to register for.

All Sea Otters should complete the 2024 Sea Otters Swim Team forms packet prior to starting practice; forms are available at the Y or you may download them from the Seals website.

Led by Head Coach Mike Blacksten

ymcaswimteam@ccaymca.org
856-691-0030, ext. 156

Seals/Sea Otters Swim Team website:

<https://www.gomotionapp.com/team/ymca-3947/page/home>



SEE OTHER SIDE FOR DETAILS
ON PROGRAM OPTIONS

Cumberland Cape Atlantic YMCA

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org



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STROKE KNOWLEDGE REQUIRED TO PARTICIPATE IN SPRING/SUMMER Y COMPETITIVE SWIMMING

6 – 10 year olds:

Swam on a competitive team (preferably) and be able to swim legal – 50yds. freestyle, and 25yds. each – backstroke, breaststroke, and butterfly. 2 – 3 one hour (1Hr) practices weekly

11 – 18 year olds:

Must have competitive experience and be able to swim legal – 100yds. freestyle and 50yds. each – breaststroke, butterfly and back stroke. 3 – 4 one and one half hour (1.5Hr) practices per week

YMCA SUMMER COMPETITIVE SWIM TEAM: APRIL 15 – JULY 27, 2024

| SWIMMER'S AGE GROUP | SPRING PRACTICE: DAYS/TIME: | OPTION 1 Y SUMMER SEA OTTERS + USA SEASON | OPTION 2 Y SUMMER SEA OTTERS SEASON | OPTION 3 SWIMMING USA SUMMER MEETS ONLY WITH Y |
|---------------------|--|--|---|--|
| DATES | | April 15 – July 27 | June 3 – July 27 | April – July |
| # WEEKS | | 15 weeks | 8 weeks | N/A |
| 6 – 10 YEAR OLDS | 4/15–5/31* T & Th 5:20–6:20pm | Facility member only: \$448 | Facility member: \$239 Program member: \$295 | Facility member: \$110 Program member: \$129 |
| 11 – 18 YEAR OLDS | 4/15–5/31* M 7:10 – 8:40pm T, Th 6:25 – 7:55 | Facility member only: \$487 | Facility member: \$302 Program member: \$389 | Facility member: \$110 Program member: \$129 |
| | **Practice Days/times will change for 6/3 – 7/26 (13 – 18 years may have some early morning practice time options) | USA, Dual, & YMCA meets Must be USA Swimming registered | Dual, Mini/Midi & YMCA meets only | USA Swim meets ONLY with the Y team; no Y ST practice Must be USA Swimming registered |

Summer Y Swim Team programs Registration:

Swimmers may register for their age group practice and Option 1-3 for summer session beginning **April 6**.

QUESTIONS? – Contact Head Coach Mike Blacksten – ymcaswimteam@ccaymca.org or call 856-691-0030, ext. 156 or Jennifer Helm – helm@ccaymca.org or call ext. 109

**Check our website – Swim Team page for Y facility and program details

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