



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BETTAS COMPETITIVE WINTER/SPRING SWIM TEAM

FOCUSES ON STRENGTHENING STROKES, ENDURANCE AND IMPROVING RACE TECHNIQUES

Tryouts: 7:30 to 8:20 pm, Mondays, Tarrant County College Southeast Campus. (Dates listed below.)

(Swimmers must try out for the team before registering, and be able to confidently swim freestyle and the backstroke for 25 yards.)

Registration: Welcome Center, Cooper Street Branch

Practice Location: Tarrant County College Southeast Campus, 2100 Southeast Parkway, Arlington

Team	Cost
Bronze Team	\$45 Member, \$65 Program Member (Monthly)
Silver Team	\$55 Member, \$75 Program Member (Monthly)
Gold Team	\$55 Member, \$75 Program Member (Monthly)

All swimmers are required to pay a yearly \$25 league fee at the time of registration

Months	Dates
January	Jan 9-Feb 2
February	Feb 6-March 1
March	March 5-April 5
April	April 9-May 3
May	May 7-May 31

No practice March 12-16 for Holiday Week

2012 Tryout Dates	
January	Jan 9, 16
February	Feb 6, 13
March	March 5, 12
April	April 2, 9, 15
May	May 7, 14

- Monthly payments are due by the first Wednesday of each month. A \$10 late fee will be applied after that Wednesday.
- The monthly cost of the program does not include team swim suits, equipment, meet or state fees.

If you have any additional questions please contact:

Cooper Street Branch

Cory Brazeal at 817-419-9629 ext. 211

coryb@ymca-arlington.org

www.ymca-arlington.org





PRACTICE
7:30 PM
— TO —
8:20 PM
MON-THURS

Bronze

This group encompasses swimmers ages 5-12 years old, who have a basic knowledge of the four competitive strokes. Emphasis is placed on basic stroke development and stroke technique. Swimmers learn to dive and perform proper turns. Swimmers are offered four, 60-minute practices per week. Coaching emphasis is on correct strokes and drills. This group rarely does more than 50 yards at a time. These swimmers are allowed to progress to the next level after showing a good knowledge of all four strokes, good dives and good turns. Participation in competition is required two to three times a season.

Attendance: Minimum two days-a-week

Meets: Meets Required—(Team uniform must be purchased)

Equipment: Swim cap, goggles, fins, water bottle, kick board, mesh bag and a pull buoy.

Goals: Correcting stroke technique, and developing racing skills. Having fun!



PRACTICE
7:30 PM
— TO —
8:50 PM
MON-THURS

Silver

This group of swimmers is made of up advanced 6-17 year olds. They have four practice sessions of which they are encouraged to attend at least three. The sessions last 90 minutes each. They are required to participate in meets. Swimmers compete in meets throughout the year with the goal of achieving "B" time standards. Group emphasis continues to be stroke technique with the introduction of training fundamentals for improving meet performance. Distance will be added to increase endurance.

Attendance: Minimum three days a week

Meets: Meets Required (two to three per session)—(Team uniform must be purchased)

Equipment: Swim cap, swim paddles, goggles, fins, water bottle, kick board, mesh bag and a pull buoy.

Goals: Developing advanced stroke technique and racing skills. Pace Clock reading. Understanding time and achieving "B" time standards. Developing character and dedication to the sport through goals. Having fun!



PRACTICE
7:30 PM
— TO —
8:50 PM
MON-THURS

Gold

The Gold team is designed for skilled and experienced age group swimmers, ages 17 and under. They have four practice sessions of which they are encouraged to attend at least three. The sessions last 90 minutes each. Stroke technique and race rehearsal prepare this group for local, state, and regional competition. Members compete in meets throughout the year with the goal of achieving "A" through National Age Group Top 16 standards. Group's emphasis is on setting and achievement of each athlete's goals within the Swim Club team setting.

Attendance: Minimum three days a week

Meets: Required—(Team uniform must be purchased)

Equipment: Swim cap, snorkel, swim paddles, goggles, fins, water bottle, kick board, mesh bag and a pull buoy.

Goals: To achieve elite status in age group swimming. Achieving Age group state cuts. Achieving "A" to T16 standards. Developing advanced stroke technique and racing skills. Developing training work ethic and training goals. Building a strong character. Having fun!