

WHO ARE WE?

The CSAY Seahawks is the Clifton Springs Area YMCA's swim team. We participate in age-group and masters swimming as a member of the Rochester YMCA Swim League.

Competitive swimming is both a highly individual and a team sport, so the values of sportsmanship, teamwork, and individual development are stressed. The goal of our coaching is to teach, train and encourage swimmers to achieve their potential in swimming, in the belief that this experience will prove valuable to them as they grow and develop.

"Everybody Swims – Everybody Wins" is our motto.

WHO CAN JOIN?

To join the team, swimmers must be between the ages of 5 and 109 and be able to confidently swim one length of the pool (25 yards).

Full-privilege YMCA membership is a prerequisite to swim team participation.

Registration Forms are available on-line and at the Y.



Clifton Springs Area YMCA

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csaymca.org



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FAST IN THE WATER

SWIM TEAM
CSAY Seahawks



WHAT ABOUT PRACTICES?

Practice is essential to successful swimming. Endurance, speed, and stroke perfection evolve from concentrated effort and repetition by the individual.

Swimmers age 10 and under must swim a minimum of two practices per week and swimmers age 11 and up must swim a minimum of three times per week. Four to six practices a week will be available.

Swimmers are assigned to practice groups based on age, skills acquired, and endurance.

AND SWIM MEETS?

The Seahawks belong to the Rochester District YMCA Swim League. There are approximately 8 dual swim meets during the season. The meets are usually divided into an equal number of home and away meets.

For competition, swimmers are grouped in classes based on age and sex:

<u>Age</u>	<u>Class</u>
8 & under	E
9 & 10	D
11 & 12	C
13 & 14	B
15 & over	A

YMCA class placement is determined by the age of the swimmer on December 1.

Their age on that day will be their age class throughout the season.

All Seahawk swimmers entering the pool in a meet must wear the CSAY Seahawks team swim suit. Swimmers choosing to wear a swimming cap must wear a Seahawk team cap.



HOW MUCH DOES IT COST?

Membership and program fee information for the Seahawks is available from the YMCA. The basic costs consist of:

- YMCA membership and
- Seahawk program registration fee.

No one is denied access to Y programs because of the inability to pay! Scholarship and Payment Plans are available through the Y office.

In addition to these basic fees, there will be other costs during the course of the year, such as:

- equipment (team suit & cap, practice suits, goggles, fins, etc.)

- meals for away meets
- entry fees for District and State events
- transportation, food and lodging expenses for "State" and "National" meets (qualifying swimmers)
- Year-end banquet for swimmers and families

Team uniforms (suits, caps, T-shirts) are mandatory and all swimmers are required to wear the official team uniform at all team competitions. A team t-shirt is provided free to all swimmers by the Parent's Association.

PARENT'S ASSOCIATION?

Active participation is expected of all parents as seen first and foremost in their presence at the meets, cheering and encouraging all swimmers.

Other forms of participation are volunteering timing, chaperoning buses, officiating, meet management, being responsible for updating the team bulletin board, working at the concession stands, and assisting at fundraising activities.

