**Benton Harbor-St. Joseph YMCA Dolphin Swim Team Syllabus**

# Continuous Ongoing Sessions Instructor Information

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| **Instructor** | **Email** | **Class Location & Hours** |
| **Kendra Gray, Head Swim Coach** | Dolphins@bhsjymca.org | BHSJ YMCA POOL |

During the school year practices are:

8 & under Group – TBD 1 hr

9-12 Group – TBD 1.5 hr

13-18 Group – TBD 2 hr

# General Information

## Description

**Dolphin Swim Team-** YMCA’s involvement in competitive swimming incorporates the character values of caring, honesty, respect and responsibility into the swimmers daily training. Swimming is our vehicle for demonstrating those values of fitness, health, self-respect and respect for others. We are dedicated to a program full of happy, healthy and accomplished swimmers. We provide a healthy and age-appropriate program for swimmers from novice to national level. Swimmers have the opportunity to train, compete and socialize under the guidance of qualified, caring and professional coaching staff and parents. To participate in swim team all 8 & Under swimmers must be able to swim one length of the pool without a flotation device or other aid practicing both the freestyle and backstroke. Swimmers who are 9 & Over must be able to swim 2 lengths of both backstroke and freestyle. The Swim Team is a competitive swim program and swimmers are required to participate in 3 swim meets plus the Conference swim meet. On the swim team the athletes are faced with new obstacles each day and sometimes pushed outside their comfort zone in order to qualify for state, zones or national cuts. Practices are offered everyday Monday-Friday where there will be three different coaches on deck. Most competitions are on Saturdays during the school year. Before attending practice, an evaluation is needed in order to place the swimmer in the correct training group.

**Expectations and Goals: (circle one): Pass/Fail or Grade Given**

# Pass/Fail

Swimmers advance through the groups by demonstrating proficiency and skills appropriate for the group being tested through practice and swim meet performance. Every swimmer progresses at their own pace, dictated by their desire to learn the art and how often they attend practice and meets.

# Course Materials

## Required Materials

## All participants need to have proper swim attire (swim cap, goggles, and swim suit) - provided by families. A swimmer may not attend practice without goggles for safety reasons.

## Optional Materials (provided by student/family)

Swimmers are encouraged to buy a swim snorkel that aids in drills during swim practice. Swimmers have the opportunity and are encouraged to participate in swim meets that range from 30 min to 3 hours distance from the BHSJ YMCA. Transportation and possible hotel stays are the responsibility of the family.

# Course Schedule

This season runs October-February and into March for Zone swimmers. Each swimmers season will end practice with their last meet (either Conference, State, Zone, or Nationals). Each week, swimmers learn the basic techniques for all strokes and gain endurance in the pool. Advanced swimmers do the same, with more yardage in the pool for endurance and speed work and technique changes. Swimmers learn at their own pace. Advancement is not on a preset schedule.

# End of Semester: Finished Work

• Evidence of Learning (circle one): post-test score improvement, fine arts recital, work of art/ art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook, written examination or report.

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