



# STINGRAYS SWIM TEAM

## LOCKPORT FAMILY YMCA



### Who can be a member of the Swim Team?

Per National YMCA swimming rules, swim team members must be a full member of the YMCA with either a youth or family membership. Each participant must meet specific swim requirements.

### How much does it cost?

The Lockport YMCA offers the Swim Team Program for \$425. Payment can be drafted monthly (\$85/month) or paid in full.

Description	Dates	Fee
HS Late Season Start	TBA	\$325
Stingrays Swim Season	Oct 12-Feb 26	\$425

\*\$50 discount for anyone who participates in the pre-season program

### Are there additional costs?

The program fee includes the cost of all league dual meets, ribbons, awards, welcome picnic, and holiday party. There are additional costs for team suits, caps, goggles, Invitational meets, the District Championship meet, the State Championship meet, Y Nationals, etc. There is a banquet at the end of the swim team season with an approximate cost of \$20 per person.

### How long is the season?

The season begins the week of October 12 with assessments and finishes with a three-day State Championship Meet in March 2022 (for qualifying swimmers). For all other swimmers, the season concludes with the League Championships in February, dates TBD. Time qualifications are required to participate in the State Championship Meet.

### When & where is practice?

Practice begins Tuesday, October 12. Practices will be offered Tuesday-Friday at the Lockport YMCA. A swimmer's practice level and time are determined by an evaluation on October 12. ALL participants must be evaluated on the first day to determine correct placement.

### How many practices do I need to attend?

Swimmers are encouraged to attend as many practices as they can for their group. There are no penalties for missed practices. We encourage swimmers to stay in the water during the entire practice. If they must leave for any reason, such as a bathroom break, we ask that they limit their time and return to the deck as soon as possible.

### When are meets and how many are there?

League meets are generally on Saturdays, Season Meet Calendar TBA. There are additional invitational meets available to participate in throughout the season for an additional fee, including the League and State Championship Meets, and Y Nationals.

### Where are meets held?

League meets are held at local pools in the Buffalo and Rochester area. Invitational meets are held at pools throughout the state.

### Does everyone swim in meets?

All swimmers are encouraged to participate in meets throughout the season and must swim in a minimum of four meets to participate in the championship league meet at the end of the season.

### What can I do to help?

There are many opportunities to support the team, from officiating meets, timing, distributing awards, and coordinating activities. More information is available at Parent Meetings throughout the season.