



# YBN SHARKS SWIM TEAM

## YMCA BUFFALO NIAGARA

2023-2024

YBN Sharks Swim Team is a competitive YMCA swim program. We are a part of the National YMCA Competitive Swimming program, offering instruction, training, and competition.

Competitive swimming has been a part of the YMCA for over 50 years. The team operates in accordance with National YMCA Competitive Swimming and Diving policies and USA- Swimming Technical Rules. Accordingly, all team members must be full-privileged members of the YMCA.

Swim Team provides opportunities for personal development in individual stroke technique and skills, improved times, building self-esteem, and good sportsmanship. As part of this philosophy, each swimmer is expected to participate with the team in all swim meets; there are no benchwarmers in YMCA Swimming.

### 2023-2024 Season Information

#### Season Dates

September 11, 2023 - February 10, 2024  
(Season may extend into March for State Qualifying Swimmers)

#### Swim Assessments (Required)

Aug. 28, 30 & Sept. 1 | 6:00- 8:00 pm  
(Independent Health YMCA)  
Aug. 31 | 6:00 - 7:45 pm  
(Ken-Ton YMCA)

#### Practices

Times are based on swimmer level group, to be determined after assessments.

#### Independent Health YMCA Practices

Mondays & Wednesdays

6:00 - 6:45 pm Sand Sharks (Beginner)  
6:45 - 8:00 pm Bull Sharks (Intermediate)  
6:00 - 8:00 pm Mako Sharks (Advanced)  
Fridays  
6:00 - 8:00 pm Mako Sharks

#### Ken-Ton YMCA Practices

Tuesdays & Thursdays  
6:00 - 6:45 pm Sand Sharks (Beginner)  
6:45 - 7:45 pm Bull Sharks (Intermediate)  
6:00 - 7:45 pm Mako Sharks (Advanced)

TO REGISTER:  
CALL (716) 276-8300  
OR  
VISIT THE FRONT DESK  
AT THE INDEPENDENT  
HEALTH OR KEN-TON  
FAMILY YMCA



# YBN SHARKS SWIM TEAM

## FREQUENTLY ASKED QUESTIONS

### 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 teen or family membership. Each participant must meet specific swim requirements.

### How much does it cost?

The 2023-2024 Sharks Swim Team costs \$550 and is non-refundable. Payment for the season can be paid upfront or drafted monthly (\$110/month) from your bank account used for your Y membership. State Qualifiers additional monthly fee (\$110-February total season cost \$660)

### How do I register?

Please visit the front desk or call either the Independent Health YMCA or Ken-Ton YMCA to schedule an assessment. Registration for the full season will begin Sunday, August 28.

### Are there additional costs?

The program fee includes the cost of all league dual meets, ribbons, awards, 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.

### How long is the season?

Assessments are held August 28- September 1. The season begins September 11 with regular practices and finishes with a three-day State Championship Meet in March 2024 (for qualifying swimmers). For all other swimmers, the season concludes with the League Championships in February. Time qualifications are required to participate in the State Championship Meet.



### When & where is practice?

Practice begins Monday, September 11. Practices will be offered on Tuesday and Thursday at the Ken-Ton Family YMCA, and Monday, Wednesday, and Friday at the Independent Health Family YMCA. A swimmer's practice level and time are determined by the assessment held August 28 – September 1. **ALL participants must be evaluated prior to the start of the season by a team coach.** Contact the Y to register for an evaluation.

### 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 required to participate in meets throughout the season and must swim in a minimum of three meets to participate in the championship league meet at the end of the season.

### What can parents 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.