



# THE MAKOS

# ARE BACK!

Session 1: 10/19th-11/13th

Session 2: 11/16th to 12/18

NO practices 11/23-11/27

Sign up today to reserve your spot!

Ages 6-18 can participant if they meet the minimum skill requirements

Practices will run Mondays, Tuesdays, Wednesdays and Friday from 4:00pm-5:45pm. All level of swimmers will practices at the same time. The team will have use of the *entire pool* while they are swimming. This will maximize the number of swimmers and give more coaching time for each swimmer. We plan to have the advanced swimmers start practices in the deep end with one coach and the beginner/intermediate swimmers start in the shallow end of the pool with another coach.

**TWO COACHES AT PRACTICES & LONGER PRACTICES!**

Number practice	1	2	3
Price per month (4 week session) Member/Public	\$48/\$60	\$96/\$120	\$144/\$180

## **Registration:** Starts 10/5 for members 10/9 for public

To register for swim team members can log into their membership portal. Click on the "schedule a visit" on our website to log in. Next; click on the programs tab and look for "Makos Swim Team Fall 2020" There you can pick what days of the week you wish to practices. Or call the front desk to sign up at 508-696-7171 ext 0.

*\*Please only register for 3 days a week maximum to insure everyone gets a chance to swim.*

**Questions about swim team? Please contact Rainy via email at [rgoodale@ymcamv.org](mailto:rgoodale@ymcamv.org) or Jen at [jen@j2sportsperformance.com](mailto:jen@j2sportsperformance.com)**

## **Makos Swim Team**

### **Skill Level Descriptions**

#### **Bronze:**

Swimmers must be able to swim backstroke, breaststroke, freestyle and some butterfly

4x50yards freestyle on an interval of 1:30 per 50 yards

3x100yards in IM order (no time limit but must finish)

We will work on learning the butterfly and breaststroke. Perfecting streamline and the efficiency of their backstroke and freestyle. We will work on starts and flip turns as well.

#### **Silver:**

Swimmers must be able to swim all 4 stokes.

4x50 freestyle on a 1:00 interval

4x100 IM order on a 2:15-2:30 interval

4x100 freestyle a 2:00 interval

We will learn pull-out turns for breaststroke. Also, work on perfecting all 4 stokes, starts and flip-turns

#### **Gold:**

Swimmers must be confident to swim all 4 stokes.

4x50 freestyle on :50 interval

4x100 IM order on 1:45 to 2:00

8 to 10 100yard freestyle test on 1:30-1:40

We will work on the efficiency and perfection of all 4 stokes, starts, and turns.

\*swimmers must be able to complete at least the Bronze level description to practices with the Makos.

*\*\*times are in minutes. 1:30 is equal to 1 minute and 30 seconds.*