



<http://toledoymcaswimming.usswim.net>

*A Program of the YMCA & JCC of Greater Toledo*

***Northwest Ohio YMCA League Division I Champions  
Since 2002***



***Fitness ♦ Fun ♦ Friends***

*The mission statement of the YMCA & JCC of Greater Toledo is to put Christian principles into practice through programs that build a **healthy spirit, mind, and body** for all.*

## **PRACTICE GROUPS**

### **PHILOSOPHY OF PRACTICE**

The main goal of practices is preparing swimmers for competition; teaching age appropriate skills, and training the necessary distances and intensities for maximum improvement. **Toledo YMCA Swimming** has six progressive levels of practice which allows us to offer a group that is right for everyone, from beginners to national qualifiers.

Beginner swimmers must be six years old, and able to complete one length front crawl with a good attempt at lateral breathing, and one length of back crawl.

### **PINK GROUP (PRE-TEAM)**

(South YMCA)

This new group is designed to prepare swimmers for the RED Group. Practices will be held two days per week, and run in 8 week sessions throughout the fall/winter seasons. Swimmers will still be eligible for YMCA meets!

### **TECHNIQUE GROUPS**

(South, West, East, or Wolf Creek YMCA)

The Technique groups are designed to teach the fundamentals of swimming to those who are beginner to intermediate level. Concentration is placed on learning proper technique of the competitive strokes, starts, and turns.

**RED GROUP:** 3 hours / week

6 - 9 years old, beginner to intermediate.

**BLUE GROUP:** 5 hours / week

10 - 18 years old, intermediate to advanced.

### **TRAINING GROUPS**

(South & East YMCA)

These groups are designed for swimmers who are intermediate to advanced level. Concentration is on training for competitive success, while refining stroke technique. Swimmers must qualify for these groups according to stroke technique and training standards.

**PURPLE GROUP:** 5 hours / week

9 - 13 years old, intermediate to advanced

**GREEN GROUP:** 8 hours / week

11-18 years old, intermediate to advanced

**GOLD GROUP:** 12-16 hours / week

13-18 years old, advanced



## **COMPETITION**

### **PHILOSOPHY OF COMPETITION**

Swimmers are encouraged to make improvements in meet performance throughout the season, including stroke & technique, meet times, race strategy, and achieving goal times. Making steady improvements is critical to long-term competitive success.

The swimmers of **Toledo YMCA Swimming** have competition opportunities unlike any other team in the Toledo area. Swimmers compete in local, state, regional, and national meets.

### **YMCA MEETS**

All swimmers participate in dual and championship meets in the Northwest Ohio YMCA Swim League, which includes YMCA teams from all of Northwest Ohio. Qualifying swimmers compete with the top swimmers from 5 states at the Great Lakes YMCA Zone Championship meet, and from across the country at the National YMCA Swimming Championship meets.

### **USA SWIMMING**

Some swimmers choose to compete in USA Swimming Invitational and Championship meets, which offer additional opportunities for competition. Invitational meets are offered throughout the season. Our team supports Northwest Ohio Swimming by attending meets held in Northwest Ohio.

### **HIGH SCHOOL**

High School Swimming is also available for team members who wish to represent their high school in OHSAA meets. **Toledo YMCA Swimming** has represented nine different high schools in the Toledo area in recent years. Special Membership Rates are available for high school swimmers. Ask for more information about a "high school only" membership.



### TO JOIN THE TEAM...

*New swimmers can attend one of the pre-season evaluation sessions, attend a regularly scheduled practice, or schedule a private evaluation.*

*Swimmers will be placed in a group based on their age and ability level.  
New swimmers can join the team at any time during a season.*

***A FREE one-week trial is available.***

### COACHES

*Consistent team leadership is an important sign of a successful competitive swimming program.*

*Coach Dave Stannert has been the Head Coach of **Toledo YMCA Swimming since 1995**, and has been coaching in the Toledo Area since 1989. Dave has lead the team to five consecutive YMCA league championships, plus has been very successful at the High School Championship Meets representing nine high schools in the Toledo area. Many of his swimmers have gone on to achieve continued swimming success in college.*

*The coaching staff is trained and certified by The American Swimming Coaches Association, The YMCA of the USA, and USA Swimming.*

### SEASON LENGTH

#### ***Fall/Winter***

*Practice starts in September, and continues until swimmers are done with championship meets in March.*

#### ***Spring/Summer***

*Practice starts in late April, and concludes at the end of July with championship meets.*

### FEES

*Our fees are among the lowest in the Toledo area, while maintaining a high quality program.*

*Call the swim team office for a complete fee schedule. A **20% discount** is available for families with more than one swimmer.*

### FUND RAISING

*Fund Raising events are an important part of offering a high-quality program for the swimmers. While we do not have mandatory fund raising, we strongly encourage all swimmers and families to participate.*

*It is through fund raising that we are able to offer updated team equipment, awards for swimmers, and team social events.*

### FINANCIAL AID

*In keeping with the mission of the YMCA, no one will be excluded from participation due to financial circumstances. Financial assistance is available for qualifying individuals.*

*Each year **Toledo YMCA Swimming** is proud to support the YMCA & JCC of Greater Toledo's annual scholarship campaign.*





***Swim Team Office***

*419.381.8536*

*<http://toledoymcaswimming.usswim.net>*

*[dstannert@ymcatoledo.org](mailto:dstannert@ymcatoledo.org)*

***South Toledo YMCA***

*(Off the AW Trail by the Zoo)*

*1226 Woodsdale Park Drive*

*Toledo, Ohio 43614*

*419.385.9622*

***West Toledo YMCA***

*(Between Laskey and Sylvania)*

*2020 Tremainsville Road*

*Toledo, Ohio 43613*

*419.475.3496*

***Eastern Community YMCA***

*(Next to I-280, just South of Navarre)*

*2960 Pickle Road*

*Oregon, Ohio 43616*

*419.691.3523*

***Wolf Creek YMCA***

*(Between Airport Hwy. and Heatherdowns)*

*2100 Holland-Sylvania Road*

*Maumee, Ohio 43537*

*419.866.9622*

