

Important Dates

- *Sept. 1** Registration opens for returning program participants
- *Sept. 7** Registration opens for new program participants
- Sept. 9** Parents Meeting @ Kirk
- Sept. 16** Parents Meeting @ Salem
- Sept. 20** Practices begin at Salem & Kirk
- Sept. 25** Big Lick Triathlon
@ Smith Mountain Lake
- October** Competition begins
- October 16-24**
YMCA Virtual National Invitational
- Mid-November**
High School Swim Season begins
- December**
Mid-season Focus Meet
- Mid-February**
End of High School Swim season
- Late February**
League Championships
- Early March**
Regional Championships
- March 31, 2011**
Season Conclusion
- April 5 - 8, 2011**
YMCA National Swimming
Championships, Ft. Lauderdale, FL

** Y membership is required.*

YMCA of Roanoke Valley Swimming

We are members of the Piedmont YMCA Swimming Association League (PYSA). Additional teams in our league include: Alleghany Highlands, AltaVista, Bedford, Danville, Franklin County, Martinsville, South Boston, and Eden, NC YMCA.

We also compete in and host invitational meets that include YMCA programs from Lynchburg, Waynesboro, Richmond and Fredericksburg.

The Y Mission

Our mission is to put Christian principles into practice through programs that build a healthy mind, spirit, and body for all.

Membership to the Y

All participants must be members of the YMCA of Roanoke Valley to be eligible to swim on the YRVS Sea Lions Swim Team. This is in compliance with YMCA of USA competitive Swimming guidelines. The following memberships are available: Household, Individual, Teen, or Child. Membership fees are paid through monthly bank drafts. Please contact our Membership department for details.

Everyone Deserves a Y

The YMCA of Roanoke Valley turns no one away due to the inability to pay. Inquiries are confidential and are handled promptly. Financial assistance to members is made possible by the generosity of friends of the Y who donate to Y Partners, the annual giving campaign. Information is available through our Membership staff.



**Everybody Swims
Everybody Wins**

**YRVS Sea Lions
Swim Team
2010-2011**

Practice Sites:

Salem Family YMCA

1126 Kime Lane
Salem, VA 24153
540-387-9622

Kirk Family YMCA

520 Church Ave.
Roanoke, VA 24016
540-342-9622

Email Contact

Pat Bateman:

pbateman@ymcaroanoke.org

Jennifer Harris:

jharris@ymcaroanoke.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Welcome to the YRVS Sea Lions!

September 20, 2010 - March 31, 2011

Thank you for your interest in our age group competitive swim program at the YMCA of Roanoke Valley. We provide a wonderful opportunity for families and swimmers to reach their potential and enjoy all the benefits the sport of competitive swimming has to offer.

Program Goals

- To fulfill the Mission Statement of our Association.
- Provide a safe environment for personal growth and development specific to competitive swimming skills and also life skills.
- Provide for improved physical fitness.
- Provide a healthy approach to competition.
- Develop team spirit.
- Have Fun!

Y Core Values

Each of our YMCA programs include character values as part of the curriculum.

Caring - Show a sincere concern for others

Honesty - Be truthful in what you say and do

Respect - Follow the golden rule

Responsibility - Be accountable for your promises and actions

Websites of Interest

www.ymcaroanoke.org

www.ymcaswimminganddiving.org

www.swimmingcoach.org

Winter Practice Groups

We are one team that practices at two sites.

The Salem Family YMCA and Kirk Family YMCA offer practice groups that are age and developmentally appropriate.

We use the following designations:

- **Pups** for our youngest swimmers
- **Black** for our more experienced young swimmers, 8 and younger
- **Gray** for our middle group 8 to 12 year olds
- **Blue** for our older practice group 11 and older

Winter Practice Schedule

Kirk

Pups: Mon/Wed **or** Tues/Th 5 - 5:45pm
and Sat 9-9:45am

Black: Mon/Wed **or** Tues/Th 4 - 4:45pm
and Sat 9-9:45am

Gray: Mon/Wed **or** Tues/Th 4:45 - 6pm
and Sat 9:45 - 11am

Blue: Mon/Tues/Thurs/Friday 7 - 8:30pm
and Wed 6 - 7:30pm

Salem

Black: Tues/Th 3:45 - 4:30pm
and Sat 10:30-11:15am

Gray: Mon/Wed/Fri 3:30-4:45pm

Blue: Mon - Friday 4:30 - 6pm

Pricing

\$25 Registration Fee Per Swimmer

- **Pups** \$45 per month
- **Black** \$45 per month
- **Gray** \$65 per month
- **Blue** \$85 per month

Roles & Responsibilities

Each of us has a role with the YRVS Sea Lions in making this season a success:

- **The Swimmer** - makes the commitment and puts forth the effort necessary for personal and team success in the pool.
- **The Parent** - provides financial support and assistance around the pool. Rejoices in their child's effort not results. Allows the coach to be the swimmer's resource for technical advise and skill development. Serves as a volunteer official, timer, and other roles necessary to provide for swimmer and team success.
- **The Coach** - has the responsibility of providing a safe, structured, and fun environment. Developing a relationship with participants that allows balance between friendship and authority. Produces a program broad enough for many, but individualized to allow for development.
- **The Administration** - provides the effort to ensure all the behind the scene tasks are completed, so the coach can coach, the swimmer can swim and the parent can parent. Tasks performed include: supervision of the program, organize and direct volunteers with tasks relating to meet production, to name a few.

Volunteer Committees

There are three key areas where parents need to participate in order to ensure success.

- Meet Production Committee
- Officials Committee
- Social Committee