



TOPS
YMCA Swim Team



Developmental Team:

The TOPS Developmental Team has three main goals: create a foundation in the sport of swimming, introduce racing, and have fun doing it. Our developmental groups break down stroke technique into easy to learn steps by using drills. Workouts teach proper technique and endurance in all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle), as well as flip turns and racing dives. Our warm YMCA pool is the perfect environment for our young swimmers to learn and develop as swimmers.

Tiny Tops (Ages 5-8):

- Workouts are held twice a week for one hour

Requirements:

- Swim 25 yards continuously
- Able to jump in the water

Goals:

- Learn and understand the YMCA's core values: caring, honesty, respect, and responsibility
- Participate in competitive situations for skill development
- Front start from the starting blocks
- Complete a flip turn
- Push-off and streamline to flags with dolphin kick
- Learn practice etiquette

Red (Ages 5-8):

- Workouts are held three times a week for one hour

Requirements:

- Swim 25 yards freestyle
- Swim 25 yards backstroke
- Able to jump in the water

Goals:

- Learn and understand the YMCA's core values: caring, honesty, respect, and responsibility
- Athlete is motivated to listen and learn from coaches
- Participate in competitive situations for skill development
- Front start from the starting blocks
- Swim a 100 IM legally
- Develop consistent practice attendance
- Complete a flip turn
- Push-off and streamline to flags with dolphin kick
- Learn practice etiquette
- Begin to use a pace clock

Yellow (Ages 9-10):

- Workouts are held three times a week for one hour

Requirements:

- Swim 25 yards continuously with an efficient kick
- Able to jump in the water

Goals:

- Learn and understand the YMCA's core values: caring, honesty, respect, and responsibility
- Athlete is motivated to listen and learn from coaches
- Participate in competitive situations for skill development
- Front start from the starting blocks
- Swim a 100 IM legally
- Develop consistent practice attendance
- Complete a flip turn
- Push-off and streamline to flags with dolphin kick
- Learn practice etiquette
- Begin to use a pace clock

*There is no attendance requirement for these groups, but athletes will improve more quickly, and make more friends (which will make them want to come more), the more often they come.



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Age Group Team:

The TOPS Age Group program motivates and challenges swimmers by teaching proper technique and racing fundamentals. With a combination of challenging swim and dry land workouts, the Age Group squads focus on score strength, balance, and body position to minimize drag in the water. The age group program is built on stroke technique and aerobic endurance, providing a base for young swimmers to build on, at a higher level.

Bronze (Ages 9-10)

- Workouts are held 4 to 5 times a week for 1.5 hours

Requirements: (candidates need to complete all 3 of the requirements, in addition to the Developmental Team requirements)

- Be able to complete 50 of each stroke legally
- 1x50 kick under 1:15
- Swim a 100 yard freestyle under 1:45

Goals:

- Complete USA's swimming IMX challenge
- Create good body positions in all four competitive strokes
- Reduce swimmers drag and increase swimmers efficiency
- Increase fluidity during turns
- Mastery of pace clock during workout
- Swimmer is courteous to other swimmers in the group
- Qualify for YMCA Districts, YMCA Area, USA swimming Regional Championship, and USA swimming Age Group States
- Create great practice habits by showing up to workout early and ready to learn

Equipment:

- Medium length rubber fins
- Mesh bag
- Water Bottle
- Tennis shoes

Silver (Ages 11-14)

- Workouts are held 5-6 times a week for 1.5 - 2 hours

Requirements: (candidates need to complete 3 out of the 5 requirements, in addition to the Developmental Team requirements)

- Be able to complete 100 of each stroke legally
- 4x50 kick under 1:15
- 4x100 yards freestyle under 2:00
- Swim a 200 IM yards under 3:30
- Use a clock during workout

Goals:

- Complete USA's swimming IMX challenge
- Create good body positions in all four competitive strokes
- Reduce swimmers drag and increase swimmers efficiency
- Increase fluidity during turns
- Mastery of pace clock during workout
- Swimmer is courteous to other swimmers in the group
- Qualify for YMCA Districts, YMCA Area, USA swimming Regional Championship, and USA swimming Age Group States
- Create great practice habits by showing up to workout early and ready to learn
- Race in every event offered in age group
- Learn goal setting

Equipment:

- Medium length rubber fins
- Mesh bag
- Water Bottle
- Tennis shoes
- Finis center mount snorkel

Gold (Ages 11-14)

- Workouts are held 5-6 times a week for 2 hours

Requirements: (candidates need to complete 3 out of the 5 requirements, in addition to the Developmental Team requirements)

- Practice attendance of 70% from previous season
- IMX score of over 1000 points
- Regional Cut
- 8x100 freestyle yards under 1:45
- Use a clock during workout

Goals:

- Complete USA's swimming IMX challenge
- Create good body positions in all four competitive strokes
- Reduce swimmers drag and increase swimmers efficiency
- Increase fluidity during turns
- Mastery of pace clock during workout
- Swimmer is courteous to other swimmers in the group
- Qualify for YMCA Districts, YMCA Area, USA swimming Regional Championships, and USA swimming Age Group States
- Create great practice habits by showing up to workout early and ready to learn
- Race in every event offered in age group
- Learn goal setting

Equipment:

- Medium length rubber fins
- Mesh bag
- Water Bottle
- Tennis shoes
- Finis center mount snorkel



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Senior Team:

The TOPS Senior team is our most elite group. Our senior team fine-tunes strokes with a greater emphasis on athletic fitness. The senior team combines swimming workouts with an advanced strength and conditioning program, to prepare our athletes to compete at their highest level. Our senior swimmers compete at the state and national level, and are leaders on their high school swim teams.

Seniors (Ages 13-18)

- Workouts are held 6-10 times a week, and will consist of pool and dry-land workouts

Requirements:

- Display intention of adhering to attendance commitment of 80%
- 10x100 freestyle yards on 1:20

Goals:

- Increase distance per stroke
- Increase power through proper technique
- Learn leadership skills
- Swimmers understand proper technique and race strategy
- Learn Goal setting process, analysis and follow through.
- Qualify for YMCA Nationals and USA Senior State

Equipment:

- Medium length rubber fins
- Mesh bag
- Water Bottle
- Tennis shoes
- Finis center mount snorkel