

Who May Join

Swimmers age 5-21 who can swim at least 25yds (one length) freestyle and 25yds backstroke .

When to Join

Registration is September 13 & 14th, but swimmers may join at any time during the season after that date.

September 6 - 8, Coach Elizabeth will be holding a Technique/Assessment Clinics, so new swimmers can work on technique and be assessed for swim team qualification. Clinics are at no cost.

Coach Elizabeth Braunecker

Coach Elizabeth started swimming at five years old for the Southwest Family YMCA in Ft. Wayne, IN and continued swimming at a YMCA in Naperville. Then swam in college at Vincennes University in Indiana.

Some of her accomplishments include IHSA State, YMCA Nationals, and USA JR Nationals.

Come learn the fundamentals of competitive swimming and stroke mechanics. This season will focus on stroke development as well as refining technique. Out of the pool, the team focus will take a new turn in learning goal setting and evaluation of their own progress as competitive swimmers. I am looking forward to an exciting and rewarding season for our swimmers and myself.



Go Seals!

Swim Team Informational Meeting

Tuesday, September 6 at 5:30 p.m.

Technique/ Assessment Clinics for new swimmers only

September 6 & 8 4:00-5:30 pm

September 7, 6:45-8:15 pm

There is no cost to attend these clinics.

Registration

September 13th from 4:00- 7:00 p.m.

September 14th from 6:30-9:00 p.m.

All events are held at the
Mattoon Area Family YMCA

If you have any questions, please contact

Coach Elizabeth Braunecker

ebraun70@frontiernet.net

samyseals@mattoonymca.org

or

Jill Rohr, Aquatic Director



Become a YMCA SAMY Seals Supporter by Sponsoring

Red Level - \$500

Black Level - \$200

White Level - \$100

Family - \$50

Contact Coach Elizabeth or
Jill Rohr, Aquatic Director to find out
how you can be a part of the team by
becoming a Team Sponsor.



SAMY Seals



2011-2012 Swim Team

Elizabeth Braunecker, Swim Coach

ebraun70@frontiernet.net

samyseals@mattoonymca.org

Jill Rohr, Aquatic Director

jrohr@mattoonymca.org

Mattoon Area Family YMCA

221 N. 16th St.

Mattoon, IL 61938

(217) 234-9494

www.mattoonymca.org

Swim Season

Regular season starts September 12, 2011 and continues through the end of February 2012 followed by Districts and State Meets in March 2012 for swimmers who qualify.

Practices

Held Monday and Wednesday 6:45-8:45 p.m. and Tuesday, Thursday, Friday 4:00 p.m.– 6:00 p.m. A minimum of 3 practices per week are required to participate in meets. Length of practice is based on your assigned color group.

Color Group Qualifications

White: Able to complete 25yd freestyle & 25yd backstroke. Focus: Endurance and swimming etiquette.

Red: Able to complete 50yd freestyle & 50yd backstroke. Understands all strokes.

Focus: Stroke development especially breaststroke and butterfly.

Black: Able to complete 200yd IM legally.

Focus: Fine tuning stroke mechanics, speed, and building endurance.

Meets

Meets are held generally on Saturdays throughout Central Illinois. Meets are not required but swimmers must participate in three YMCA meets to participate in the YMCA District Meet.

Meet Fees

Most meets require a nominal meet fee be paid for individual and relay events. These meet fees are not included in Swim Team Fees and must be paid by the parent to the Mattoon YMCA before attending your next meet.

Swim Team Fees

Swim Team Registration Fee

\$ 30 per Child

- Due at time of registration.
- Meet Fees will be incurred during the season depending on number of meets a swimmer attends.
- Meet Fees will be due prior to participating in next meet.

Swim Team Fees - Payment Options

Bank draft	\$ 50	One Child
	\$ 95	Two Children
	\$ 135	Three Children

- First month dues are paid at time of registration and are pro-rated according to your joining date.
- Monthly dues after first month are drafted on the 1st of each month.
- Bank draft for Swim Team Dues will be automatically cancelled on February 28, 2012. Membership fees will NOT be automatically cancelled.
- Swim Team Dues for March 2012 should be paid by February 28, 2012 for any swimmers continuing to swim in March.

In Full	\$ 287	One Child
	\$ 546	Two Children
	\$ 776	Three Children

- Payment in full is due at time of registration and is non-refundable.
- Payment listed above is for September 2011 - February 2012 and does not include swim team registration fee.
- Payment for swimmers beginning after September will be pro-rated to # of months x monthly fee.

YMCA Membership

Requirement

SAMY Seals Swim Team participants must be a member of the Mattoon Area Family YMCA. This is in accordance with the YMCA of the USA Competitive Swimming and Diving Rules for YMCA Competitive Swim Teams.

YMCA Membership Fees may be paid Yearly In Full, Semi-Annually, or by Bank draft.

Youth Membership Fee (Age 0-13)

In Full (Full Year)	\$ 175.80
Semi-Annual (Swim Season Only)	\$ 87.90
Bank draft (Per Month)	\$ 14.65

Teen Membership Fee (Age 14-18)

In Full (Full Year)	\$ 276.00
Semi-Annual (Swim Season Only)	\$ 138.00
Bank draft (Per Month)	\$ 23.00

(Fees above do NOT include the month joined pro-rated amount or the joining fee.)

- In Full payment is good for a full year of membership and is non-refundable.
- Semi-Annual is good for 6 months of membership and is non-refundable.
- Bank drafted Membership dues are deducted on the 10th or 25th of each month.
- Pro-rated months dues + joining fee are due at time of registration for all forms of payment.

The YMCA has Family, Adult, Single Parent, College, Teen and Youth Membership categories. Choose the one that best fits your family. **Scholarships are available for those who qualify.**