

# Sarnia YMCA Rapids Swim Team

## *For the Love of Swimming*



Swimming develops wonderful cardiovascular endurance, the most important key to physical fitness. It is the best sport in terms of proportional muscular development and enhances children's natural flexibility by exercising all major joints through a wide range of motions. Swimming also develops superior coordination and is the most injury-free of all youth sports.

### **SARNIA YMCA RAPIDS SWIM TEAM**

Our programs are designed for every type of swimmer ...

Swim for fun!  
Swim for fitness!  
Swim for glory!

Competitive swimming involves fun, strength, dedication, health, discipline and attainment of personal excellence. Participants compete in different age groups and meets, depending on their commitment and achievement. Regardless of ability swimmers can experience the thrills and challenges of training and participating in regional, provincial and national swim meets.

*YMCA Rapids Swim Team ~ YMCA of Sarnia-Lambton*  
1015 Finch Dr., Sarnia, ON N7S 6G5 T: (519) 336-9622  
[www.ymcasar.org](http://www.ymcasar.org)



# PROGRAMS

## **The Rapids 1 Competitive:**

An emphasis on teaching the four basic competitive strokes, technique, turns and starts. The goals of this program are to improve fitness and provide a steady interest in the sport of swimming while having fun! Swimmers mostly compete in regional meets around Southwestern Ontario.



## **The Rapids 1 Non-Competitive:**

An emphasis on fitness as well as teaching the four basic competitive strokes, technique, turns and starts. Swimmers may only compete as exhibition in one meet per swim year.

## **The Rapids 2:**

This level of competitive swimming prepares swimmers physically and mentally for a more challenging level of competition. Based on aerobic training principles as well as refinement of the four competitive strokes, turns and starts. Athletes mostly compete in the Swim Ontario Western Region swim meets and are working towards meeting qualifying times to attend provincial and national level competitions.



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# TEAM GOALS

Each day at practice we strive to improve each swimmers fitness, strength, stroke technique and the skills they will need to compete successfully at swim meets.



TEAM means: Together Everyone Achieves More

1. Help each athlete achieve their full potential as a swimmer and in life.
2. Encourage the swimmers to take responsibility for their swimming by being honest about their goals, and following through by committing to an appropriate training program to meet those goals.
3. Expect our team to achieve results and maintain good sportsmanship on the pool deck, at practices, and at meets. We would like to see swimmers respect their parents, coaches, officials, teammates, and their competitors at the pool at all times.
4. Grow the numbers of swimmers in the team.
5. Establish with coach one team goal.

Our program progressively trains swimmers, physically and mentally, from the fundamentals to the achievement of excellence. The success of our program is built upon the hard work of our swimmers, team parents and coach. Working together each day at practice, pushing each other to improve, our swimmers can achieve great things individually, and our team will be more successful.

# Our Coach's Expectations

1. Each practice will help each swimmer develop fitness, strength, stroke technique and the skills required to compete successfully at swim meets.
2. Help each athlete achieve their full potential as a swimmer and in life.
3. Help swimmers establish goals and help them follow through by committing to an appropriate training program to meet those goals.
3. Help swimmers conduct themselves on the pool deck at practices and at meets by showing respect to their parents, coaches, officials, teammates, and their competitors at the pool at all times.
4. Help grow the numbers of swimmers in the team.
5. Establish one team goal.



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