



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

## JVY Stingrays 2011–2012 Practice Levels and Schedule

**PUPS** – This level is for swimmers learning techniques; freestyle with rotary breathing, backstroke, breaststroke, butterfly, starts and turns. This is a technique driven level. New swimmers with no prior competitive experience and swimmers still learning the strokes will be placed as Pups.

**Pups Practice Times: Tuesday and Thursday 5:30–6:15**

**Cost: \$96**

**EAGLE RAY** – Swimmers at this level must know all four strokes, forward starts, and be able to execute a reasonable turn. These swimmers will continue to refine stroke technique while they concentrate on building endurance and speed. Dry land training will be included at the Eagle level. *Prerequisite: 100 free in 2:00 or less; legal 100 IM; forward start; and coach recommendation is required.*

**Eagle Ray Practices: Monday & Wednesday 6:15–7:30; Thursday 6:30–7:30**

**Cost: \$129**

**MANTA RAY** – These swimmers are ready to push themselves to the next level. This requires difficult drill and interval swimming during workouts along with dryland training and written goal work. Mantas should be self motivated to work at practice. Swimming success in competition cannot come from external sources. Be ready to commit to work when signing up to be a Manta.

*Prerequisite: 200 free in 3:00 or less; 200 IM in 5:00 or less; Starting dives with appropriate streamline/pullout; flip turn; district goals; and coach recommendation is required.*

**Manta Ray practice times: Mon, Wed, Thurs 5:30–7:00; Tues 5:30–7:30.**

**Cost: \$153**

**MEET ONLY** – For swimmers training with other programs who wish to swim the YMCA system. This will give swimmers entry into any YMCA meets, KYSL CHAMPS, Y Districts, Y States, Y Nationals, as qualification standards are met. Swimmers will adhere to the YMCA and JVY codes of conduct and follow all team rules. Swimmers in MEET ONLY will not have access to Y practice times or coaching staff on deck at meets. Swimmers must also be on the current Y Team roster from the beginning of the season per Y National Rules. *PLEASE NOTE: Swimmers must be Y Members to compete at the Y Competition Level.*

**Cost: \$75**

All returning swimmers have been placed in a level by the YMCA staff based on prior performance at meets and practices. Any swimmer wishing to be evaluated to be moved to a different level should contact Coach Ann via phone or text at 717-363-7317 or email [ann@jvasa.org](mailto:ann@jvasa.org) to make an evaluation appointment. **Evaluations will be conducted, swimming the level prerequisites, Wednesday, October 19 from 5:30–7:00** prior to registration night. Any swimmer wishing to switch to a less intense level than recommended may simply do so at registration. Swimmers may change levels through a coach evaluation and parent conference during the season. These moves will be offered monthly and fees adjusted accordingly.

Please contact Coach Ann Bonson, 717-363-7317 (voice or text), [ann@jvasa.org](mailto:ann@jvasa.org), with any questions.