ONE TEAM
ONE FAMILY
OAK SQUARE DOLPHINS SWIM TEAM

September 9, 2019—March 26, 2020

OAK SQUARE YMCA | 615 WASHINGTON STREET, BRIGHTON, MA 02315
OAK SQUARE YMCA SWIM TEAM

The Oak Square YMCA Swim Team follows the strong YMCA philosophy of "Everybody Swims, Everybody Wins!" As a team, OAK SQUARE seeks to provide opportunities for social development through travel and meeting new people. Team membership provides the opportunity to develop well-rounded swimmers, and for each individual to better oneself.

The overall development of each participant in the program is based on long term goals so as to produce the most meaningful return at the end of the swimming investment. We strive towards an ultimate goal of providing age-appropriate training that enables swimmers to reach their full potential, while helping in the mental, emotional, and social development of all our swimmers. Our goals are to develop within each swimmer the desire to succeed, a willingness to work hard, self-discipline and self-reliance, a sense of sportsmanship, and loyalty to other team members, the coaches, and to the YMCA.

TRYOUTS AND PRACTICE INFORMATION

Swimmers are required to attend a tryout to be placed on Swim Team. Swimmers will be placed into groups based on current ability, not age. Below are the basic requirements for each group, although final placement will be decided by the coach or Swim Team evaluator. Other factors considered, include: the ability to concentrate in practice and at meets and the current physical development of the participant.

Junior Squad:
Swimmers must be able to swim 50 yards of freestyle and 25 yards of backstroke and demonstrate competent butterfly and breaststroke kicks. Enthusiasm is the primary requirement!

Blue Group (A/B):
Swimmers must be able to swim 100 yards of freestyle and 50 yards of backstroke and breaststroke demonstrate locomotive butterfly and competent rotary breathing. Swimmers will be placed in sub group A or B based on ability and skill.

Senior Squad:
Swimmers must be able to swim 200 yards each of freestyle and backstroke, and 50 yards each of breaststroke and butterfly.

Tryouts will be offered on the following dates:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 PM - 7:30 PM</td>
<td>6:00 PM - 7:00 PM</td>
<td>6:00 PM - 7:30 PM</td>
<td>6:00 PM - 7:00 PM</td>
</tr>
</tbody>
</table>

**If none of the above dates work for you please email both Alison Mishou at Amishou@ymcaboston.org and Josh Jones at Jjones@ymcaboston.org so we can accommodate you and find a time that works.

PRACTICE SCHEDULE

Our practices focus on technique, endurance, race speed vs training speed and time awareness. Swimmers are required to arrive 15 minutes prior to practice for appropriate stretching and warm up.

DATES: SEPTEMBER 9, 2019 —MARCH 26, 2020

<table>
<thead>
<tr>
<th>Groups:</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Squad</td>
<td>6:00 PM - 7:00 PM</td>
<td>6:00 PM - 7:00 PM</td>
<td></td>
<td>6:00 PM - 7:00 PM</td>
</tr>
<tr>
<td>Blue Group (A/B)</td>
<td>6:00 PM - 7:30 PM</td>
<td>6:00 PM - 7:30 PM</td>
<td>6:00 PM - 7:30 PM</td>
<td>6:00 PM - 7:30 PM</td>
</tr>
<tr>
<td>Senior Squad</td>
<td>6:00 PM - 7:30 PM</td>
<td>6:00 PM - 7:30 PM</td>
<td>Dry Land: 6:00PM-6:30PM</td>
<td>6:00 PM - 7:30 PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pool: 6:30 PM - 7:30 PM</td>
<td></td>
</tr>
</tbody>
</table>
TEAM WEBSITE
Oak Square Dolphins Swim Team has its own Team Unify site! Stay connected all season with important updates. Once you join swim team, a link will be sent for email verification and with login directions. Check us out today! https://tinyurl.com/OSDolphinsTeamUnify

TEAM VENDOR
New this year! Oak Square YMCA has joined forces with Swim Outlet for all additional clothing & apparel orders (Remember, your first bathing suit, swim cap, & t-shirt are included in price). Order extra swim suits, gear, and more right online! Team site will become live by the start of the season. 10% of all purchases go right back to our team! https://tinyurl.com/SODolphins

MEMBERSHIP, REGISTRATION, & FEES
Membership
Oak Square Dolphin Swim team welcomes all interested swimmers between the ages of 6 and 18. All swimmers must be members of Oak Square YMCA for the duration of the swim team season.

Registration and Packages Available by Season
Upon registration for all seasons: $100.00 deposit is due. Payments must be made in full OR through enrollment in a 4 installment payment plan (September, October, November, December). There are NO refunds issued for Swim Team unless a medical note is provided.

Swim Group Pricing
*Prices include cost for equipment. Final payments due by December 1st, 2019.

| Junior Squad: $425.00* | Blue Group (A/B): $575.00* | Senior Squad: $575.00* |

PROMOTIONS/WAYS TO SAVE
Sibling Discount: 20% Off
More than one participant? No Problem! Families who register more than one child will receive a 20% discount on each additional child after the first.

NEW THIS YEAR!
Refer a Friend and Earn $50!
If you are already registered for Swim Team, you can earn $50 in Y-bucks if you recruit a new member who has not already participated. Participants must be referred at time of registration. Email Alison Mishou at Amishou@ymcaboston.org to qualify!
WE ARE HERE FOR YOU
Contact us with any questions today!

Josh Jones
Swim Team Coordinator
617 787 8669
Jjones@ymcaboston.org

Alison Mishou
Aquatics Director
617 787 8669
Amishou@ymcaboston.org

“Swimmers that swim together, strengthen each other”

OAK SQUARE YMCA BRANCH
615 Washington St
Brighton MA, 02135

YMCA of Greater Boston is dedicated to improving the health of mind, body, and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.