

BOYERTOWN AREA YMCA NAVY SEALS SWIMMING

Teams

We currently have one boys and two girls teams competing in the Penn-Del YMCA dual meet league, and a USA-S team registered with the Middle Atlantic LSC.

Our 2010 season will begin September 12 for the more experienced swimmers (Silver and Gold Swimmers). A two-week trial is offered to the more experienced swimmers new to our program from Sunday, September 12 through Saturday, September 25. Younger and less experienced swimmers, (Bronze, Navy, Teal and 8 & Under) begin September 19. A one-week trial is offered to these younger, less experienced swimmers new to our program from Sunday, September 19 through Saturday, September 25.

The dual meet season concludes with a League Championship in February. Those swimmers qualifying for the YMCA Districts, State, or National Championships continue until their season is completed.

Workouts

Our practice groups are arranged using the recommended guidelines established by United States Swimming (USS), our Country's foremost authority in this sport. Age, ability, and previous experience are all considered before placing each athlete in a practice group. We want each child to feel competent, and yet challenged, to gain new skills, to develop self-confidence, and to improve their level of physical fitness at their own pace.

For practice schedules visit [Practice Groups](http://www.boyertownswimming.org) on our website:
www.boyertownswimming.org

United States Swimming (USA-S)

Any YMCA member age nine or older, desiring to participate in USA-S meets may do so. This is optional and continues eleven months of the year. We encourage those who are more serious about swimming to participate, as USA-S meets are ability divided and offer a wider range of events. A coach is always present at USA-S meets!



Information & Registration for Navy Seals Swimmers and Parents:

Returning Navy Seals Swimmers

Registration for returning Navy Seals swimmers will be: Wednesday 9/8, 6-7:30 pm and Sunday, 9/12, 5-6:30 pm, or by appointment Tuesday, 9/7 through Friday, 9/10, 10 am-2 pm with jayna.miller@boyertownswimming.org. All will be required to provide proof of their YMCA membership and make arrangements for team fee and \$25 per swimmer escrow deposit at this time. Those registered in our year-round program are not required to attend. All swimmers must be registered before beginning practice.

Team fees as listed will be in effect for returning swimmers until 9/12/10. After 9/12/10 there will be an additional fee of \$25 per swimmer.

New Swimmers

Informational meetings for prospective swimmers and parents will be held September 8 and 10. An overview of our program will be given and questions answered by Coach Linda Jones. Please try to attend the appropriate meeting: 9/8, 6-7 pm for experienced (winter) swimmers; 9/9, 6-7 pm for all swimmers new to winter competitive swimming.

Registration for new swimmers will be Sunday, 9/26, 5:30-7 pm and Wednesday, 9/29, 6-7:30 pm, or by appointment, Monday, 9/27 and Tuesday, 9/28, 10 am-2 pm with jayna.miller@boyertownswimming.org. All will be required to purchase a YMCA wellness membership prior to team registration and make arrangements for team fee and \$25 per swimmer escrow deposit at registration. Payments options are: personal check, Mastercard, Visa, Discover or 3 month EZPay from a checking/savings account or credit card (Oct., Nov., Dec. on the 15th of the month).

Team fees as listed will be in effect for new swimmers until Wednesday, 9/29/10. After 9/29/10 there will be an additional fee of \$25.00 per swimmer.



Team Fees for Navy Seals 2010 Season

TEAM FEES: (seasonal) Wellness

Gold	\$516
Silver	\$454
Bronze	\$420
Navy & Teal	\$377
8 & younger	\$247

Yearly Wellness Membership Fees YMCA *

Youth (Birth through grade 6)	\$120.00
Teen (Grades 7-12)	\$284.00
Adult	\$543.00
Household	\$904.00
Effective 9/1/10	\$895.00
Single Parent Household	\$652.00

Memberships and/or services will not be denied because of an individual's or family's inability to pay. If you or your family are in need of financial assistance, pick up a Golden Rule Financial Assistance Form at the YMCA Member Service desk.

BOYERTOWN AREA YMCA NAVY SEALS SWIMMING

Head Coach - Linda Jones

- University of Delaware - BS Elementary Education
- American Swim Coaches Association (ASCA) Level 4 USA-S/YMCA certified coach
- Navy Seals Head Coach 1992-present
Our YMCA National Team results:
Long Course Nationals:
 - 6 individual champions
 - 6 relay champions
 - 3 National records set
 - 2 Women's Team titles,
 - 2 3rd place combined men/womenShort Course Nationals:
 - 1 individual champion
 - 3rd place Women's title
- Boyertown Mako Sharks Head Coach 1994-2008
Numerous Berks County champions and record holders
8 Atlantic Division titles and 9 Berks County Team titles,
- Boyertown High School Head Coach 1996-present
Won 4 girls and 2 boys PAC 10 Team titles
2 girls and 1 boy District 1 Team champions
26 individual and 3 relay District 1 champions
4 individual and 1 relay PIAA State champion
- Our team was selected by USA-S for the Mentor Coaching Program as a top 50 USA-S developmental program in the United States
- Inducted into Berks County Aquatic Hall of Fame May 2010

Head Age Group Coach - Chris Breedy

- 20 years coaching including: USA-S, YMCA, and High School swim teams
- Coached various State and local champions plus USA-S National Age Group and High School All Americans, ASCA level 3 USA-S and YMCA
- Swim America program director
- Competitive swimming experience:
 - 7-time PIAA State swimming champion, National High School record holder 100 back, competed in 25 USAA-S National swimming championships, NCAA division 1 and 3 National champion, record holder 100 back, University of Florida, Cal St. Northridge, 1979 World University games gold and bronze medalist
 - USA-S National traveling team 1976-1980, still listed on list of top 100 fastest 100 yd backstrokers of all time (2007)
- Inducted into Berks County Aquatic Hall of Fame 1987



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Program Philosophy

USA-S suggested guidelines were used to develop our program with regards to practice length, intensity, and frequency. When you enroll your child into our program, you can feel confident that he/she is involved in a program that will meet their individual needs, which will allow them to be the best swimmer that their talent and desire can make them. We will again train with the latest in stroke mechanics, presented at the Olympic training center during the National Age Group Coaches Conference. It is because of our commitment to use the latest, and best information available on swimming theory that the Boyertown Area YMCA has become so successful so quickly. We hope you will consider becoming a part of our success!



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2010-2011



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Blanche Reigner Boyer Natatorium
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www.boyertownymca.org

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