

YMCA of VINELAND SEALS  
PRACTICE SCHEDULE 2011 – 2012

**Weekly practice schedule starts for all groups:**

\*\*\*\*Monday, October 24, 2011\*\*\*\*

YOU MUST HAVE SWIM TEAM FEES PAID OR ON PAYMENT PLAN IN ORDER TO PRACTICE WITH THE TEAM

**Regular Practice Schedule – For the Season**

MONDAY	5:45 - 7:00 6:50 - 8:30 6:40 - 7:00 6:50 - 8:50	Blues Seals (four lanes must sign up with Coach Dennis) Advanced Blue Seals – (Coach Dennis will select) YMCA Dry land training program on pool deck WHITE SEALS – in pool @ 7:00
TUESDAY	4:20 - 6:00 5:50 - 7:00  6:20 - 6:50 6:50 - 8:30	BLUE/WHITE SEALS MIDGETS ONLY – Some New Blue Seal - If this is highlighted swimmer to attend this practice. (Coach Dennis will select) Strength Training – w/Coach BLUE/WHITE SEALS
WEDNESDAY	5:45 - 7:05 6:20 - 6:50 6:50 - 8:50	BLUE SEALS Strength Training – w/Coach WHITE SEALS/Advance Blue Seals to 8:30
THURSDAY	5:45 - 7:00  6:20 - 6:50 6:50 - 8:50	MIDGETS ONLY – Some New Blue Seals If this is highlighted swimmer to attend this practice. (Coach Dennis will select) Strength Training – w/Coach WHITE SEALS/Advance Blues Seals to 8:30
FRIDAY	5:40 - 7:00  6:45 - 7:15 6:45 - 8:30	MIDGETS plus Some New Blue Seals If this is highlighted new swimmer to attend this practice. (Coach Dennis will select) All Swimmers - Work on Starts and Turns BLUE SEALS / WHITE SEALS
SUNDAY	11:00 – 1:00	Advance Blue/White Seals (Look for dates) <small>(Only open to advance level swimmers)</small>

**Parents have your swimmer to practice on time – if not come in the pool to see a Coach to explain – If a swimmer is late it will effect their meet participation. If you are always going to be late make Coach Dennis aware of your situation!**

**YOU MUST HAVE YOUR YMCA SWIM TEAM FEES PAID OR ON PAYMENT A PLAN IN ORDER TO PRACTICE WITH THE TEAM  
(Those that do not will not be able to begin practice)**

**TIME TRIALS – ALL SWIMMERS**

Time Trials – Friday-Nov. 4<sup>th</sup> 8&U 5:50 / Blue Seals 7:00 - Monday-Nov 7<sup>th</sup> – White/Advance 7:00

## **PRACTICE GROUP DESCRIPTION**

All swimmers/parent must go on line to the Seals web site [www.vinelandseals.com](http://www.vinelandseals.com) to indicate their practice selection time. This will allow Coach Dennis to determine the best way to allocate the Coaching staff and to ensure that we do not have too many swimmers at one practice and very few at another practice. Please see Coach Dennis if you have questions about your swimmers as an Advance Blue Seal – I want to have this in place by November 15<sup>th</sup>. The plan is for parent to record their practice choice on line and you would be able to see what other swimmers will be at the same practice in case you are car pooling to practice. Please note if you can not make your selected time you will always be able to make it up at another practice without prior approval.

**White Seals** – Must have a North Carolina National qualifying time or be at least 13 years of age. Coach Dennis may select additional swimmers. Look for more information about Roll Tide group! RT in NC

**Advance Blue Seals** – There will be a group of advanced Blue Seals selected by Coach Dennis finalized by **November 15.**

**Blue Seals** – Swimmers between the age of 9-12. This group must attend practice at least 3 times a week. In order to maintain the proper balance of swimmers at each practice time swimmers will be assigned practice days. There is flexibility to make up a practice if you are sick or can not make your scheduled day. There will be some new blue seal swimmers practicing with the midgets.

**Midget Group** – 8 & under swimmers. Practice times listed above.

**High School Swimmers** – They will practice with the White Seals and on Sunday. They are encourage make all possible practices.

**Strength Training** – Must be of age to enter the family fitness center – Some swimmers will attend 2 days a week, others no more than 3 days – Coaches will move swimmers to another day if group size is to large.

- SWIMMERS MUST BRING YMCA MEMBERSHIP CARD TO ATTEND PRACTICE**
- SWIMMERS MUST HAVE PAID SWIM TEAM DUES & ACTIVITY FEES BEFORE THE START OF PRACTICE.**
- SWIMMERS MUST ARRIVE ON TIME WITH BATHING SUIT READY TO WARM-UP**
- IF YOU ARE SICK YOU MUST MAKE UP THAT PRACTICE DURING THE WEEK.e-mail [go2dennis@yahoo.com](mailto:go2dennis@yahoo.com) and always make up the day – You DO NOT need an OK to switch and make up a practice – Do IT!**
- FRIDAY STARTS AND TURNS PRACTICE OPEN TO ALL SWIMMERS. SEE COACHES**
- PRACTICE ATTENDANCE, WORK ETHICS, ATTITUDE, TEAM SPIRIT, AND OVERALL PARTICIPATION WILL BE A FACTOR IN DETERMINING RELAYS AND MEET PARTICIPATION.**
- SUNDAY PRACTICE IS ONLY OPEN TO THE SERIOUS SWIMMER – Coach Mike and Coach Dennis will judge your commitment at this practice.**
- BE PREPARED FOR STRENGTH TRAINING – COME IN SHORTS – ONLY OPEN TO SWIMMERS THAT ARE COMMITTED TO IMPROVING THEIR CORE STRENGTH, SELF-MOTIVATED, WORK INDEPENDENTLY.**