

AGE GROUP CREWS & PRACTICE DETAILS

Pre-Comp (Ages 5+)

Combines a fun atmosphere with an emphasis on improving technique and endurance in one or two 45-minute practices per week.

Competitive Crews (Ages 6–18)

Previous competitive experience is not required; however, swimmers must be able to swim eight pool lengths of any stroke. Participants compete in swim meets all over Montana and the Northwest!

| Crew | Weekly Commitment | Family/Household Membership | Youth Membership |
|--|-------------------|-----------------------------|------------------|
| Pre-Competitive Ages 5+ | 1 day | \$68/mo | \$74/mo |
| Pre-Competitive Ages 5+ | 2 days | \$74/mo | \$90/mo |
| Little's Ages 6–11 | 4 practices | \$90/mo | \$101/mo |
| Middle's Ages 11–14 | 4–5 practices | \$107/mo | \$114/mo |
| Big's Ages 14–18 | 11 practices | \$110/mo | \$123/mo |
| Angels For swimmers with diverse abilities | 3 practices | \$90/mo | \$101/mo |

Practice Days & Times

September–May practices are held at the Missoula YMCA's pool. June–July practices are held at Splash Montana's pool and may have different times. Days and times subject to change. Pre-comp is not offered June–August.

All competitive teams

F, 4:30–6:00 p.m.

Pre-Comp

T/Th, 4:00–4:45 p.m.

Angels

T/Th, 4:45–6:00 p.m.

Little's

T/Th, 4:45–6:00 p.m.

Sat., 8:00–9:00 a.m.

Middle's

M/W, 3:30–5:30 p.m.

Sat., 7:15–7:45 a.m. (DL)

Sat., 8:00–9:00 a.m.

Big's

M–F, 6:00–7:30 a.m.

M/W, 5:00–6:30 p.m.

T/Th, 4:30–5:30 p.m. (DL)

Sat., 7:00–9:00 a.m.

(DL): Dryland Practice



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE ON IN

Missoula YMCA Swim Team



PROGRAM HANDBOOK

COACHING PHILOSOPHY

Welcome to the Missoula YMCA Swim Team (MYST)! Our team is designed to meet the needs of youth swimmers of all swim levels and abilities. Our practices, events, and meets help develop skills, sportsmanship, and team spirit, all while emphasizing having fun.

We pride ourselves in developing our athletes physically, mentally, and emotionally. We believe that this philosophy lends itself to building strong kids with solid character. While only one swimmer can come in first in any race, all swimmers can be winners when they give their personal best.

For more than a decade, our team has consistently received the Montana Swimming Spirit Award while also sending countless swimmers on to the collegiate level.

NEW SWIMMER SIGN UP

Missoula Y Membership (Family, Household, or Youth) is required for all competitive swimmers. Financial assistance is available. Complete the online form at ymcamissoula.org/missoula-ymca-swim-team to get started!

USA SWIMMING

Once your trial expires, you're responsible for contacting the Aquatics Director to register your swimmer for the appropriate swim crew for the remainder of the year.

You are also responsible for registering and paying for their USA Swimming registration. Competitive swimmers not registered with USA Swimming will disqualify themselves and their team from meets.

USA Swimming dues can be auto-drafted from the payment method on file. Complete a payment authorization form at the Welcome Center or contact the Aquatics Director to set up payment.

USA Swimming increases its registration fee annually. The current fee can be found online at ymcamissoula.org/programs/swim-team.



SWIM TEAM PAYMENT OPTIONS

Bank Draft Auto-drafted from your bank account or credit card on the 1st of each month. **Swimmers must be registered for every month in the current calendar year.**

3-Month Pre-Pay Prepay three (3) months of swim team fees. Payment must be made by the 1st of the month. At the end of the three-month period, families are responsible for setting up another three-month payment to ensure their swimmer can continue to be eligible to swim.

Making Payments Please set up or make payment with the Aquatics Director. Online payment is not available for the MYST program.

Cancellation & Transfer Procedures Cancellations must be made 7 days prior to the start of swim team to be eligible for credits or refunds. Transfers to a different swim team crew must be made the first week of a new month and approved by the Aquatics Director or Head Coach.

Ask the Aquatics Director for a copy of MYST's full refund procedure. Please note that USA Swimming fees are non-refundable.

IMPORTANT INFORMATION

No practices on the following holidays:

- New Year's Eve
- Memorial Day
- Christmas Eve
- New Year's Day
- July 4
- Christmas Day
- Easter
- Labor Day
- Spring Break
- Thanksgiving

Visit www.teamunify.com/Home.jsp?team=mtmyst to learn more about our team! Click **Contact Us** to be added to our team list for important swim team emails. You can also schedule a MYST "taste test" by visiting www.ymcamissoula.org/missoula-ymca-swim-team. Questions? Contact Aquatics Director Rose Kahane at rkahane@ymcamissoula.org.