

## AGE GROUP CREWS & PRACTICE DETAILS

### Pre-Comp (Ages 5+)

Combines a fun atmosphere with an emphasis on improving technique and endurance in one 45-minute practice per week. Program runs September–May.

### 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 have the opportunity to compete in swim meets all over Montana and the Northwest!

Crew	Weekly Commitment	Family/Household Membership	Non-Member/ Youth Membership
Pre-Competitive (Ages 5+)	1 day	\$77/mo	\$84/mo
Littles (Ages 6–11)	4 practices	\$102/mo	\$116/mo
Middles (Ages 11–14)	4–5 practices	\$125/mo	\$134/mo
Bigs (Ages 14–18)	10 practices	\$135/mo	\$155/mo
Angels (For swimmers with disabilities)	3 practices	\$102/mo	\$116/mo

### Practice Days & Times

September–May practices are held at the Missoula YMCA’s pool. June–July practices are held at both the Y pool & Splash Montana’s 50 meter pool and may have different times. Days and times subject to change. Pre-comp is not offered June–August.

#### All Competitive Teams

F, 4:00–5:30 p.m.  
Sat., 8:00–9:00 a.m.

#### Pre-Comp\*

T/Th, 4:00–4:45 p.m.

#### Angels

T/Th, 4:45–6:00 p.m.

#### Littles

T/Th, 4:45–6:00 p.m.  
Sat., 8:00–9:00 a.m.

#### Middles

M/W, 4:00–5:30 p.m.  
Sat., 7:15–7:45 a.m. (DL)  
Sat., 8:00–9:00 a.m.

#### Bigs

M–F, 5:30–7:00 a.m.  
M/W, 5:30–7:00 p.m.  
T/Th, 4:30–5:30 p.m. (DL)  
Sat., 7:00–9:00 a.m.

\*Pre-Comp: Sept–May Only  
DL = Dry Land Practice



# DIVE ON IN

## Missoula YMCA Swim Team



# PROGRAM HANDBOOK

Updated January 2025

## 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](http://ymcamissoula.org/missoula-ymca-swim-team) or scan the QR code below to get started!

## USA SWIMMING

Every swimmer on MYST's competitive team must be registered through USA Swimming whether they compete or not. An unregistered swimmer, even if they are not participating in swim meets, can result in the entire MYST team being disqualified from competing.

Parents and/or guardians must register their swimmer for USA Swimming before the end of their first month on MYST. MYST's Head Coach will email the registration link and instructions to families.



Scan the QR code to sign your swimmer up for MYST!



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

Visit [www.teamunify.com/Home.jsp?team=mtmyst](http://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](http://www.ymcamissoula.org/missoula-ymca-swim-team). Questions? Contact Aquatics Director Rose Kahane at [rkahane@ymcamissoula.org](mailto:rkahane@ymcamissoula.org).