Practice Schedule
2017-2018

Riverfront YMCA	University of Akron

Please note Sunday practices will be changed to once per month clinic opportunities after the October 8th practice.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
Beginner Level 1	UA 6:00-7:00	RY 5:30-6:30		RY 5:30-6:30	UA 6:00-7:30		UA 12:30-2:00
Black Level 2	UA 7:00-8:00		UA 6:00-7:30	RY 6:30-7:30	UA 6:00-7:30		UA 12:30-2:00
Gold Level 3	UA 6-6:30 dryland 6:30-8:00 swim	UA 6:00-730	RY 6:00-7:30	UA 6-6:30 dryland 6:30-8:00 swim	UA 6:00-7:30		UA 12:30-2:00
Junior	UA 5:30-6:00 dryland 6:00-7:30 swim	UA 6:00-8:00 swim	UA 5:30-6:00 dryland 6:00-7:30 swim	UA 5:30-6:00 dryland 6:00-8:00 swim	UA 6:00-7:30		UA 12:30-2:00
Senior	UA 5:30-6:00 dryland 6:00-8:00 swim	UA 6:00-8:00 swim	UA 5:30-6:00 dryland 6:00-8:00 swim	UA 5:30-6:00 dryland 6:00-8:00 swim	UA 6:00-7:30		UA 12:30-2:00

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Facilities

Facility	Abbreviation	Address	Special Notes
Riverfront YMCA	RY	544 Broad Boulevard Cuyahoga Falls, OH 44221	• Present pass at front desk • No parents on deck (no exceptions)
University of Akron	UA	Ocasek Natatorium 402 Carroll Street, Akron, Ohio, 44325	• Show parking pass in windshield • Get drop off parking pass from coach • Identify yourselves as Tigershark swimmers/parents to front desk upon entering • Location of CFYN Invitationals & Dual Meets

CFYN Group Description

BEGINNERS -Level 1

Swimmers who have taken swim lessons or were members of a recreational team. In the Beginner group, swimmers will learn the skills necessary for success in competitive swimming in a fun and supportive environment. Swimmers only need to be able to swim one length of the pool of freestyle and backstroke and be able to float on front and back to be placed in the Beginner group. The coaches will teach all four strokes, starts, and turns. Swimmers will also be educated on the rules and etiquette of swim meets and practices. Fun and games will also be incorporated into practices to keep young swimmers interested and engaged.

Black - Level 2

The Black group is for swimmers that are proficient in all strokes, starts, and turns and have experience with competitive swimming. This group will place the emphasis on stroke development and learning, with some aerobic individual medley work. Skills and drills will be worked on at all practices and swimmers will begin to be taught about basic racing strategies. It is strongly encouraged that swimmers attend at least three practices per week.

Gold – Level 3

Gold Group swimmers will continue stroke refinement and work on more intense practice sets. More emphasis will be placed on endurance and race strategy. They will begin dryland training activities. It is strongly encouraged that Gold swimmers attend at least three to four practices per week.

JUNIOR

Junior group is for swimmers who have mastered the main fundamentals of each stroke and are physically and mentally prepared for harder training. In this group, swimmers will be instructed on advanced stroke mechanics and skills as well as more in-depth race strategies and tactics. Training will become harder and be more of an emphasis in this group, with some drill and stroke refining. There will also be a focus on aerobic capacity and individual medley proficiency. It is strongly encouraged that swimmers attend four practices per week in the Junior group.

SENIOR

The senior group is for the more technically advanced swimmers. There will be a heavy emphasis on training while continuing to develop and refine stroke mechanics and skills. At the senior level, the training will be more event specific, with more emphasis on race pace training. Swimmers are expected to attend four practices per week and strongly encouraged to attend five practices.

CFYN Group Advancement Policy

Advancement of swimmers will be at the discretion of the Head Coach or Associate Head Coach with recommendations from the coaches who work with the swimmers most often during practices. Some of the factors that the coaches will take into account include, but may not be limited to, the swimmer's competitive times compared with the below table, practice attendance and performance, meet attendance and performance, knowledge of required strokes and drills, swimmer's endurance level, behavior, commitment level, and maturity.

Practice Group Policies:

- Swimmers must attend only the practices that are offered for their assigned groups. Swimmers may not attend other practices outside of their group for location or time convenience, or for coaching preferences.
- If your practice is canceled you may not attend another group's practice unless so noted in the cancellation announcement.
- You may not move to another group without the consent of the head coach or associate head coach.

CFYN Practice Group Times Guidelines

GIRLS				**BOYS**
TIMES				**TIMES**
BLACK LEVEL 2				
39.49		**50free**		38.49
1:30.69		**100 free**		1:28.49
48.59		**50 back**		48.59
1:45.09		**100 back**		1:41.39
47.99		**50 fly**		46.69
53.59		**50 breast**		53.19
GOLD LEVEL 3				
35.69		**50 free**		34.99

1:21.09		**100 free**		1:19.39
43.29		**50 back**		43.19
1:33.49		**100 back**		1:30.79
42.39		**50 fly**		41.39
1:40.39		**100 fly**		1:39.39
47.79		**50 breast**		47.49
1:45.59		**100 breast**		1:41.99
JUNIORS				
1:13.59		**100 free**		1:12.19
2:41.19		**200 free**		2:37.19
1:26.29		**100 back**		1:24.09
1:26.29		**100 fly**		1:24.49
1:35.79		**100 breast**		1:33.59
SENIORS				
1:11.39		**100 free**		1:06.29
2:33.89		**200 free**		2:24.49
1:18.29		**100 back**		1:13.59
1:17.69		**100 fly**		1:12.19
1:29.39		**100 breast**		1:22.59