

TIDE SUNKISSED INVITATIONAL TEAM



This past season, the Tide learned that hard work and commitment to success, brings great rewards. We had the most swimmers qualify for YMCA and USS events in years, which included over 50 Top 8 finishes at these events.

However, there was no greater accomplishment reached, than having each individual swimmer realize their potential, and strive to reach their peak ability.



COACHING STAFF

The YMCA TIDE Team is lead by Pat Kerrigan, YMCA Competitive Swim Team Director with assistance from the YMCA TIDE Swim Team Assistant Coaches.



YMCA of Greater Bergen County
360 Main Street, Hackensack, NJ 07601

Pat Kerrigan
Competitive Swim Team Director
201-487-6600 x214
pkerrigan@ymcagbc.org

www.gbctide.org
www.ymcagbc.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIDE SWIM TEAM 2011-12

YMCA of
GREATER BERGEN COUNTY



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

ABOUT Y TIDE

When you join the Y you're coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility. Children on the Y TIDE Swim Team have an opportunity to experience success through individual and team accomplishments.

The swim program is centered around the values of the YMCA – Caring, Honesty, Respect and Responsibility and focuses on swimming the right way with drills, and stroke technique as the primary emphasis.

MEETS

The TIDE swim team is a Y based swim team which competes in the **YMCA Swim League** and is also a part of **USA Swimming**, offering our swimmers the best combination of team sport and individual challenge.

The team will compete on weekends in dual meets within the Y League and have opportunities to compete in USA sanctioned meets throughout the year. Practices will be held on weekdays in the evenings from September through April and will be ability focused, including dry land conditioning as well as training in the water.

GROUPS

Group Placement

Groups will be determined by age and ability. Each group has a different program fee and schedule.

Once your child has been placed in a group, you will receive notice of the practice times and fees for that group.

Financial Assistance is available through the YMCA Strong Kids Campaign Fund.

Program Fee Range: \$950-\$1,450 which includes meet fees.

Requirements

- Swimmers Ages 6 and up.
- YMCA Fish Level or higher.
- Be able to swim multiple laps of the pool.
- Know all four competitive strokes, with consideration given for age: Butterfly, Backstroke, Breaststroke and Freestyle.

Y Membership

YMCA Membership is required and must be valid through April, 2012.

TRY OUTS

Current TIDE Swimmers

Register July 15—August 20, 2011

NON—TIDE Swimmers Try Outs

All Ages

Thursday August 25, 2:00pm

12 and Under

Wednesday, Sept. 7, 6:30 pm

13 and Over

Thursday, September 8, 5:30 pm

Make-Ups

Saturday, September 11, Noon

Try Out Fee \$10.00

All swimmers must be on the YMCA pool deck and ready to swim at the tryout time listed above.

Bring swimsuit, goggles and towel.

