



GLOW YMCA Riptides 2023–2024 Swim Team October – February



Quick Information

About the Team: The GLOW Riptides are an age group swim team that competes in the West Cluster of the Buffalo–Rochester Area YMCA swim league that has teams from Buffalo to Geneva. In addition to league meets, individuals who meet qualifying standards compete in the New York State YMCA Championships, the YMCA Short and Long Course National Championships as well as other selected meets. *All team members must be members in good standing of the GLOW YMCA.

Trial Week: Anyone new to the program will be allowed to try the team for one week before making the commitment to join. There will be a week of designated practices for new, interested swimmers to try the team and allow the coaches to work with and assess readiness. This will be the week of September 25th, practices will be Monday, Wednesday and Friday from 4:15pm–5:45. This will allow prospective swimmers to participate; get to know the coaches and their teammates and to determine if the Riptides are right for them.

Practices: Begin the week of October 2nd. There will be two practice groups:

Wave Runners–Tuesdays and Thursdays 4:00–5:20pm, Fridays 4:15–5:45pm

This beginner/intermediate group's emphasis will be on stroke mechanics, building endurance, proper breathing, block starts, correct turns, and racing rules/causes for disqualifications. If a swimmer shows progress, coaches and families can talk about moving to the Surge group.

The Surge– Mondays, Wednesday, and Fridays 4:15–5:45pm

This intermediate/advanced group's emphasis will be on race strategy, improving stroke and turn technique, sprint speed, endurance, and challenging practice sets. Many of these swimmers compete at the modified and varsity level or have prior swim team experience.

*Swimmers must attend the Friday practice before a meet, unless you speak with a coach.

Program Costs: \$85/Month for full swimmers (non-high school swim team participants) \$70/Month for high school swimmers who compete on a varsity swim team in the fall season \$55/Month for high school swimmers who compete on a varsity swim team in the winter season *All membership fees MUST be made prior to the first practice date. Program fees must be paid or set up on a draft by Friday October 14th. Swimmers may register at the front desk of the YMCA. There is a 10% second child discount and financial assistance is available for those who meet the requirements. All participants MUST be members of the GLOW YMCA.

Meets: Meets will take place throughout the season on Saturdays and sometimes Sundays. Once a meet schedule is finalized, it will be made available to swimmers and parents. A swimmer must be a current member of the GLOW YMCA to compete in meets for the Riptides. Invitational swim meets are optional. There are usually entry fees to attend these meets.

Events: Spaghetti dinners, bowling, fun night, banquet, etc.

For more information, please call the YMCA at 344-1664