

PRACTICE SCHEDULE

Our programs are divided into developmental levels.

	6/UNDER	8/UNDER	LEVEL 1	LEVEL 2 & 3	SENIORS (13+)
MON.	5:00-5:45	5:00-6:00	4:00-5:00	4:00-5:00	7:15-9:15*
TUES.	N/A	4:00-5:00	5:00-6:00	4:00-5:00	6:30-8:30**
WED.	4:00-4:45	4:00-5:00	4:00-5:00	5:00-6:00	5:30-7:30*
THUR.	4:00-4:45	4:00-5:00	5:00-6:00	4:00-5:00	6:30-8:30**
FRI.	N/A	N/A	4:00-5:00	4:00-5:00	4:00-6:00*

*Includes dry land training for Senior Group. Dry land training may be intergrated into practices for other levels also
 **Practices are at LaFollette High School Pool

join • give • volunteer
www.ymcadanecounty.org

YMCA Strong Kids Financial Assistance
 The financial assistance program provides families in need with financial support to participate in membership and program activities at the YMCA. Funds for the Strong Kids Financial Assistance Program are raised by community volunteers. Please visit our website at www.ymcadanecounty.org or see your local branch for more information.



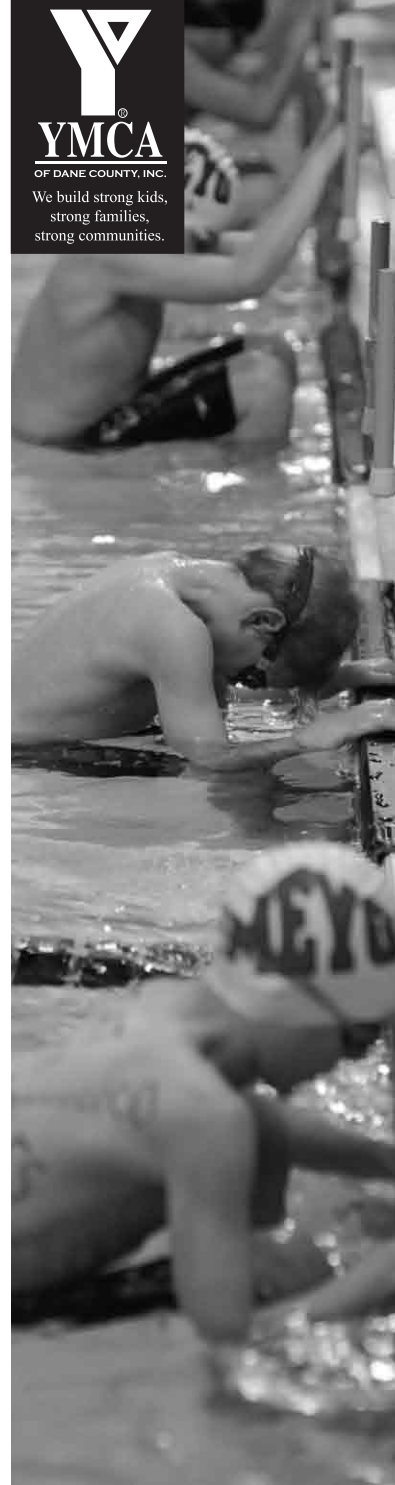
Booster Club - Advisory Committee
 Our Booster Club is comprised of parents of swimmers who volunteer their time to help the whole swim team program be successful. They host home swim meets and other fund-raising events to help off-set the cost of running the program. We encourage parents to be involved on the Booster Club, committees and/or other Booster club activities.

Robin Berg - YMCA Aquatic Director
 221-1574 ext 3036
 MEYO Website
www.meyo.org

Lussier Family East YMCA
 711 Cottage Grove Road
 Madison, WI 53716

Non-Profit Org.
 U.S. Postage
PAID
 Madison, WI
 Permit No. 912

**8,420 children
 learned to swim**



YMCA
 OF DANE COUNTY, INC.
 We build strong kids,
 strong families,
 strong communities.

EAQUATICS™ **SWIM TEAM** East YMCA

About Our Program

The Madison East YMCA Octopi Swim is a program run by the YMCA Staff, Coaches and Booster Club. Our Swim Team is YMCA and USA Sanctioned. A variety of competitive experiences are available to challenge novice and experienced swimmers alike. Our programs are divided into developmental levels. We have swimmers that compete at the State, Regional and National levels. The MEYO Swim Team gives swimmers the chance to improve swimming skills while building friendships and healthy habits that last a lifetime.

Our Coaches

Lynn Stickels has been coaching the MEYO Swim Team for over 30 years. Her knowledge of technique skills and drills have been proven beneficial to the swimmers. Denny Oheim has been with the program for 11 years, his enthusiasm brings out the best in the swimmers. Assistant coaches Michael Rudie, Anne Baranski, and Peg Thompson will be returning this year. All of our coaches are committed and dedicated to our program and their swimmers.

Our Coaching Philosophy

We believe that success in swimming is largely the result of the establishment of a solid foundation in the fundamentals of proper stroke technique and mechanics. We believe in challenging swimmers both mentally and physically to promote optional development. Swimmers are encouraged to come to practice ready and willing to strive toward improvement. Swimmers learn the value of team work and are encouraged to work together, have fun and be safe.



YMCA of Dane County Mission

We build strong communities through programs that promote healthy lifestyles for the spirit, mind and body.

YMCA Membership

YMCA National Rules require that all team members belong to the YMCA they represent. This allows you to enjoy our many other activities even when you are not at Swim Team Practice.

Swim Team participants need to turn in Membership Cards when attending practices.

Program Fees

	Season Fees	1st Pmt By 9/8	2nd Pmt By 11/3
Age 6 & Under	\$250	\$125	\$125
7 & 8	\$335	\$170	\$165
Level 1*	\$390	\$195	\$195
Level 2 & 3*	\$390	\$195	\$195
Sr. 13+	\$465	\$235	\$230
H.S. Boys	\$275		
H.S. Girls	\$325		

Includes free swim team cap

* Ages 9-12

Program fees do not include swim meet fees.

Booster Fee

There is a \$50 Booster Fee. These dollars are allocated toward coaches traveling expenses for meets, social events, and equipment. This payment is made at the time of registration. Maximum \$100 per family.

USA Membership

USA Membership is not required, but recommended for swimmers over the age of 8.

Annual Fees

Age 8 & under	\$46
Age 9 & over	\$53



Swim Team Fit Night

Monday, August 24, 2009

6:30pm - 8:00pm

at Lussier Family East YMCA.

MEYO swimmers will be fitted in new suits and clothing this year. Show your team spirit by wearing the blue and the gold.

Simply Swimming Phone: 661-0808

Simply Swimming will bring their store to the YMCA. They will be our vendor at all of our home meets. Order MEYO caps (with your name), goggles, sandals, designer swim gear, even prescription goggles.

High School Swimmers

Don't be left out of the loop. Order your MEYO suits and clothing now so you will be ready when high school swim is over.



This is NOT a school sponsored activity and the Madison Metropolitan, Monona Grove and Sun Prairie/DeForest School Districts do not approve, support, supervise, or endorse this program/activity.

Informational Meeting

Monday, August 24, 2009

6:30pm - 7:00pm

at Lussier Family East YMCA.

Registration Form

Registration for YMCA Membership and YMCA Swim Team fees is at the Front Desk at YMCA facilities. When registering, ask for Registration Form, complete form and return to Front Desk. In two to three days participants will have a family folder in a bin located in the Aquatic Office. Enclosed will be a swimmer orientation packet. See Robin Berg for special financial arrangements.

Registration is required before swimmer is allowed in Swim Team practice.

Trial Week

A one week trial period is available for new swimmers to get a feel for what Swim Team is about.

Tuesday, September 8 - Friday, September 11

Age 10 & Under	T-F	4:00-4:45pm	\$ 8
Age 11 & Up	T-F	4:45-5:30pm	\$ 8

Trial opportunities also available during Swim Team Season.

Swim Team Session

September 14, 2009 - Mid-March, 2010
(after YMCA State Meet)

Good values • Good value

YMCA Membership

- One Membership, Three Branches
- Monthly Family Events
- Family Prime Time
(including inflatable obstacle course)
- YChild Watch for children 6 weeks-6 years
- Youth Zone for children 7-14 years old
- YKidzFit Classes