



New Rochelle YMCA Sailfish Swim Team



Calling all competitive swimmers, ages 5 to 18!

New Rochelle YMCA **Sailfish Swim Team** is holding tryouts for the 2017-18 season.

Tryouts for the 2017/18 season:

9/5—9/8 6-7pm, 9/12 6-7pm, 9/14 6-7pm

Bring your suit, cap and goggles, and come ready to show us what you know!

Are you ready to try out?

5-8 yr olds: Able to do 4 laps freestyle/front crawl and 4 laps backstroke. Willingness to try butterfly and breaststroke. We encourage a commitment of 2-3 practices a week

9+ yr olds: Able to do 8 laps freestyle/Front crawl and 8 laps backstroke. Basic understanding of butterfly and breaststroke. We encourage a commitment of 3-5 practices a week.



New Rochelle YMCA Sailfish Swim Team will run from September 5th through June 2018. Summer Skills and Drills will be available in July.



The team is grouped by age and ability, with scheduled practices on the weekend and during early evening. For more information, visit our Sailfish page on the Y website at www.nrymca.org.

Turn this page over!



New Rochelle YMCA Sailfish Swim Team



The Sailfish Swim Team is an inclusive, age-group program for swimmers 8 to 18 years old, with a Pre Team for ages 5 to 8. The Sailfish belong to the local Metropolitan Swimming committee of USA Swimming, and also follow the meets and time standards of YMCA Swimming.

Sailfish Swim Team welcomes experienced swimmers as well as those interested in making the transition from learn-to-swim or recreational swimming to competitive swimming. Swimmers on the team are taught swimming mechanics, skills to compete, stroke efficiency, and race strategy. During the season, our swimmers learn to self-evaluate and correct their skills, as they work toward achieving mastery.

Y coaches expect swimmers to be responsible, honest, safe, caring, and respectful – in swimming, at home and at school. Sailfish swimmers will learn to set goals, and to push and challenge themselves, building self-confidence, fitness and strength along the way. Equally important, they will have an opportunity to make friends and feel part of something bigger than themselves, plus give back to the community.

The Sailfish Swim Team encourages a minimum commitment of three practices per week and participation at weekend swim meets:

- Pre-Team (ages 5-8)** Sunday, Tuesday, Thursday
 - Copper (ages 8+)** Sunday, Tuesday, Thursday
 - Bronze (ages 8-14)** Sunday, Monday, Wednesday, Friday, Saturday
 - Silver (ages 11+)** Sunday, Monday, Wednesday, Friday, Saturday
- Swim Meets:** Please ask Coach Ann for Schedule

2016-17 (inaugural) season highlights:

- Grew from 20 to over 60 swimmers
- Won 3 WFSL dual meets & tied a 4th
- Sent 8 swimmers to YMCA State Championships – 5 top-8 finishes

**NEW SEASON BEGINS IN
SEPTEMBER!**

**LOOK OUT FOR TRYOUT
INFORMATION ON OUR WEBSITE, FACE-
BOOK PAGE AND ON THE OTHER SIDE OF
THIS PAGE!**

[FACEBOOK.COM/SAILFISHSWIMMING](https://www.facebook.com/sailfishswimming)

For information about the team, or to schedule individual tryouts, please contact Head Coach Ann Horowitz at ahorowitz@nrymca.org.

Coach Ann



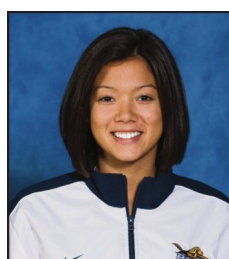
Coach Gloria



Coach Nathalie



Coach Laeh



Coach Delvyne



Coach Jess

