



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Team

Franklin County Family YMCA Riptide Swim Team

Welcome to the FCFY Riptide Swim Team. The Riptide swim team is open to all swimmers ages 5 to 21. The minimum swim ability to join the team is to swim 25 yards front crawl and to swim 25 yards back crawl. The rest can be learned with the team. Riptide has a spot for everyone from those who need to learn the fundamentals of competitive swim to those who aim for national meets. All Riptide swimmers must be members at the Franklin County Family YMCA.

A little about the team:

We are a non-profit organization. We compete for the Franklin County Family YMCA. The YMCA Mission is to put Christian principles into practice through programs that help healthy spirit, mind and body for all.

The goals for the Club are to teach swimming in a competitive environment, to teach teamwork, dedication, responsibility, and goal setting. As soon as you start the swim program it begins a long journey with some very high goals and expectations. When a swimmer joins the team they become more than just a teammate they become part of our family.

Fast swimming is a long process with a lot of ups and downs. All Riptide swimmers are taught the value of fundamentals, and as they grow they will learn more advance concepts and train with more yardage and faster swims as they progress through the program.

The long term goal is to have a happy, successful high school senior who can look back on their Riptide experience and feel proud of what they accomplished and what they gave back to the program. Results will vary with different levels of raw talent, coordination, strength, and the desire to excel. However, just with all competitive programs, you get back what you put in. With Riptide, swimmers are taught to be the best you.

Sincerely,

The Riptide Coaching Staff



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Swim Team

Mission and Vision Statements

Mission Statement

To help Riptide swimmers become their best, achieved through team work, competition, dedication, and character building.

Vision Statement

We want to help Riptide swimmers reach their highest potential through educating coaches, parents, swimmers and giving them all the tools they need to be successful.

Goals

- To help develop swimmer's technique and skills to the highest possible level desired by the swimmer
- To teach swimmers the process of setting and reaching goals
- To teach them that the road to success has many ups and downs
- To support swimmers through their struggles and show encouragement until their goals are met
- To develop character through team unity, hard work, and community outreach
- To give swimmers a high standard of coaching that allows them to reach the highest level of competition possible that is desired by the swimmer.



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Swim Team

Practice Expectations

We hold every Riptide to a higher standard than most other teams. This is because we know that every swimmer is capable of meeting those standards.

Things expected of Riptide Swimmers

- To always give 100% every day.
- To arrive to practice on time.
- To be 100% ready when practice begins. This includes having water bottle and swim gear ready and to have cap and goggles on.
- To listen to the coaches and follow directions. Disrespectful attitudes will not be tolerated and a swimmer could be asked to sit out if such behavior is observed.
- Swimmers must follow all facility rules.
- Swearing, vandalism, or any other disrespectful actions will not be tolerated.
- ABSOLUTELY NO BULLYING OF ANY KIND! Anyone caught bullying anyone will be warned, any further bullying could lead to being suspended from the team.
- Being part of Riptide means you are to be respectful and supportive of all team mates.
- Swimmers are expected to make all practices. If a swimmer cannot make a practice or is going to be absent for a number of days then coach must be notified.
- Swimmers should always have both swim and dryland gear at every practice.



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Swim Team

Practice Schedule

8 and Under

Monday, Tuesday, Thursday from 5:15-6:00pm

Age Group

Monday, Tuesday, Thursday from 5:45-7:00pm

Senior

Monday through Thursday from 6:00-7:30pm

Age Group Elite

Monday through Thursday from 6:00-7:45pm and Friday 4:00-5:30

Senior Elite

Monday through Thursday from 6:00-8:00pm and Friday 4:00-5:30



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Swim Team

Inclement Weather

For most cases we will always hold some type of practice in the event that the pool is closed due to inclement weather or maintenance. That is why it is important that swimmers always have both swim gear and dryland gear with them at every practice. If the pool is closed we will do a variety of activities that range from dryland, running, team meetings, watching drills or swim technique videos. The only time practice will be canceled is if the YMCA loses power or the roads are unsafe. Notifications will be sent out through the riptide messaging system. We use the service Rainedout and you can sign up for the notification through our team website.

www.fcfyriptideswim.wixsite.com/riptide



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Swim Team

Practice Equipment

All swimmers need certain equipment at every practice.

8 and Under

- Swimsuit
- Cap
- Goggles
- Flippers
- Mesh Bag
- Dryland Cloths and shoes

Age Group, Senior, & Elite Groups

- Swimsuit
- Cap
- Goggles
- Flippers
- Swim Paddles
- Mesh Bag
- Dryland Cloths and shoes

YMCA equipment needed for practice (All Groups)

- Kickboard
- Pull Buoy



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Swim Team

PARENT'S ROLE

Communication is a key role for success with the Riptide swim team. Coaches will be happy to answer any questions you have before or after practice. You should not try to talk to the coach during practice because it is distracting to the swimmers and takes the coach away from them. There are several ways to communicate on the Riptide swim team. You can talk to the coach directly before or after practice or you can email Head Coach JT Boyd at fcfyrptideswim@gmail.com. The riptide swim team also has a Facebook group and a website. The team website is www.fcfyrptideswim.wixsite.com/riptide

Key Parent Responsibilities

- Be sure your swimmer swims because he/she wants to. People tend to resist anything they “have” to do. Self-motivation is the stimulus of all successful swimmers.
- Transportation to practices and swim meets is not provided by the YMCA. Assure that your child has transportation to practices and swim meets.
- Be helpful, supportive and encouraging but allow your coaches to be the ones that coach your swimmer. It's tough not to, but it's a lot tougher for the swimmer to be overwhelmed with advice and even sometimes conflicting instruction from a parent.
- Make sure you fill out all important sign ups on the team website by the deadlines. It is important to fill out meet sign ups even if your child is not swimming at the meet, because it lets the coaches know for sure who is going or not.
- Make sure your child knows that – win or lose – you are proud of him/her. There is more than one way to win at competitive swimming. They don't need to come in first to have a successful swim. They can win by improving their time, improving their strokes, having better turns or starts. Make sure you always encourage your swimmer to do their best and that they know you support them.

- Be aware that most swimmers experience “plateau” periods when their times are not improving. This is not unusual and often is a result of the added concentration on stroke technique which leads to faster swim times. We like to be especially supportive to your swimmer during “plateau” meets.
- Swimming provides an excellent blend of individual and team competitive experiences. The Riptide Swim Team is more than just a sports team, we are a family. Please help the coaches in promoting character, team work, discipline, and good sportsmanship. If you have any questions or concerns about the swim team please talk to the coaches.
- Volunteer!! Swim meet participation is a family affair and parent involvement is essential. In order for a meet to run smoothly many parents are needed to volunteer at each swim meet. Please make sure you sign up for a shift on the volunteer sign ups at every meet. If we all take small parts it makes it easier on everyone.



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Swim Team

PARENT VOLUNTEERS

Involved Parents= A Successful Program! Volunteers are needed in almost every aspect of the Riptide program. Your time is a huge gift to the program and it is a great way to have fun, make new friends, and contribute to your swimmer's team.

Parent Volunteer Requirements

In order to ensure our meets are well run and stay on schedule the Riptide Swim Team relies on our parents to fill different volunteer positions for every meet. There are several different volunteer opportunities at each meet. When you volunteer for the Riptide Swim Team you do so knowing that we work to create a sense of team by giving people the opportunity to work together and to invest time, effort, and talent in our program and our community.

The different positions to volunteer for are as following:

Timer-The timer provides back up times for all swimmers that are competing in your given lane. Usually each line will have two timers. One has a stopwatch that they use to time the race. The other has a backup button to press for the main timing system. After every race one timer will right down the times from the stopwatch. These times are important if the main electronic timing system does not generate a time for the swimmer.

Head Timer-The head timer has two stopwatches and stands where they can see all the lane timers. They start both watches at the start of the race. If any lane timer messes there watch up or the watch malfunctions, the head timer can change watches with them so they can still get a backup time.

Officials-Officials are the referees of swimming. There are three levels of being an official. Admin official is an official that is certified to score the meet and make time adjustments as necessary. Level 1 officials can serve as stroke and turn judges. They will be responsible for making sure every swim and turn is legal. Level 2 officials must have been a level 1 official for one year and they can be the meet referee who has authority over the whole meet, all officials and workers. They are responsible for assuring a fair and safe competition. A Level 2 official can also serve as starter.

The starter is responsible for running the starting equipment, getting swimmers up, announcing and starting every event.

Swim meets must have an admin, a level 2 starter, and two more officials of at least level 1 certification in order for the meet to count and times to be eligible for regional cuts.

Clerk of Course-Clerk of course is a staging area that helps organize swimmers whose events are about to come up. They call a certain number of events up at a time to make sure every swimmer is where they are supposed to be.

Hospitality and Concession Stand-This will be for home meets only. We need volunteers to run and manage the concessions stand tables at home meets. We can make this into shifts so everyone can see their kids swim. We will need a lead though that is responsible for going and getting the food, etc...

Ribbon Organizer-Home meets only. Every 10 events or so ribbon labels will be printed off. The ribbon organizer takes the ribbon labels and puts them on the correct ribbons and then separates the ribbons based on teams so at the end of the meet the coaches can pick up the ribbons for the meet.

Runners-Runners collect disqualification slips from officials and timer sheets from each lane. They will also hand out refreshments for volunteers.



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Swim Team

How to Enter Swim Meets

All swim meet sign-ups will be done online. You need to fill out every sign-up even if your child is not participating. This lets the coaches know for sure who is and who is not attending the swim meet.

Step 1

Go to the Riptide Swim Team's website.
www.fcfyriptideswim.wixsite.com/riptide

Step 2

Click on the events menu and fill out appropriate swim meet form.

Step 3

Fill out the meet survey completely and then click submit!

You are done with meet sign ups. Make sure you fill out everyone by the deadline. Once the deadline is past and the sign-ups are taken off the website it will be too late. Don't just tell the coaches that your child is swimming; you must fill out the sign-up sheet on the team website!



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Swim Team

Swim Meets 101

Swim meets are great opportunities not only for swimmers to make personal best times but also to make new friends and spend time with family. Below are some guidelines for swim meets.

Swim Meet Procedures

- Check the website after the sign up deadline for the entries list to see what your child is swimming. After entries are sent in coach will post the entries on the team website so everyone knows what they are swimming.
- Arrive at the pool at least 10 minutes early before scheduled warm ups. Locate where the Riptide team area is. Prepare your child for warm ups.
- Sometimes heat sheets will be posted on the team website if they are available prior to the meet. They will always be posted for home swim meets. If not you can get one from the meet host, sometimes free sometimes you have to buy them.
- Have your swimmer check in with the Riptide Swim Team Captains. They will be responsible for checking swimmers in and writing their events and heats for the day.
- All Riptide swimmers must wear a team suit and a team cap at competitions. Swimmers are also encouraged to wear team apparel. This helps promote team unity and pride in our team.
- After every race swimmers need to get their times. They can either do this from looking at the scoreboard or immediately asking the timer for their times. After getting their times they need to go directly to coach, and then they can go to parents. It is important that they receive coach's feedback on their races.
- In between swims, swimmers should rest and stay warm. All energy should be spent on competition and not running around horse playing. Swimmers should stay hydrated and eat light nutritious snacks to stay fueled.

- It is very important that parents and/or swimmers check with coaching staff prior to leaving the swim meet, making sure the swimmer has not been placed on a relay.
- For home meets all swimmers should stay until the end of the meet and help clean up. Afterwards the team will go out to eat together.

What to Bring to a Meet!

Note: Make sure you have your swimmers name on all belongings and equipment.

- Team swimsuit
- Team cap
- (2) pairs of goggles
- Riptide apparel
- (2) towels
- Old blanket
- Quiet games or books
- Food-nutritious snacks
- Water bottle
- Sweatshirt, sweatpants or warm ups
- Chair for the parents to sit in

If you have any questions don't be afraid to ask the coaches or a veteran swim parent. Swimming areas are usually very warm and humid so dress accordingly.



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Swim Team

Competition Apparel

All Riptide swimmers must have a team suit, team cap. Riptide shirts are included in the registration fee. All orders will be done online through the team website.

Team Gear

We have new suits this year. We are partnering with the Michael Phelps organization and will be sporting MP suits this year. This also gets us a discount on training gear and even a big discount on the MP Championship suit.



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Swim Team

Code of Conduct

General Swim Meet Policies

- No swimmer, 18 years or younger shall attend a meet unless accompanied by a parent or a Chaperone arranged for by the Swimmer parents.
- All swimmers should participate in meet warm ups. The team warm up is not optional.
- Riptide swimmers must check with their coach prior to leaving a meet. All swimmers are required to stay until the end of the meet at HOME meets. To cheer on team mates, to help with clean up, and to have a small team discussion at the end of meet.
- Swimmers are expected to sit with the team and participate in team meetings and team cheers.
- Riptide swimmers and parents are expected to display proper respect and sportsmanship towards coaches, officials, meet administrators, and fellow competitors.
- As a matter of team pride and courtesy to the meet host, Riptide swimmers are always to leave their team area neat and clean at the conclusion of the swim meet.
- All questions about any swim that swimmers or parents might have about results, official calls, or conduct of a meet should be addressed through the coach so they can go through the appropriate channels. Parents should not go directly to officials especially not during the meet.
- Athletes, coaches, and parents are to refrain from any immoral, inappropriate or unacceptable behavior such as abusive or inappropriate actions toward another person.

General Practice Policies

- All swimmers must be ready for the start of practice. Swimmers should arrive at least 10 minutes early so they can get all swim gear ready to go.
- All swimmers must check in at the front desk and use their cards every time they come into the YMCA
- All swimmers need to bring both swim gear and dryland gear to every practice.
- Swimmers must have a water bottle at every practice. Hydration is extremely important especially for swimmers.
- All Riptide swimmers will show respect to coaches, YMCA staff, parents, and fellow swimmers.
- Bullying of any kind WILL NOT be tolerated. First offense will get a warning and a talk, multiple offenses can result in suspension from the team.
- Riptide swimmers will be respectful of all YMCA equipment and will follow YMCA rules and policies.
- Riptide swimmers will be respectful in the locker rooms. They will change quickly and not horse play around or be excessively loud in the locker rooms.
- Riptide swimmers will not lie or cheat. Riptide swimmers are held to a high standard.

Code of Conduct

I _____ have read and fully understand all the policies in the Riptide code of conduct. I will follow all polices and understand that if I break them then I could be asked to sit out or be suspended from the team.

Swimmer's Signature

Date

Parent's Signature

Date



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Swim Team

Glossary of Swim Terms

Block – the starting platform

Bulkhead – a wall constructed to divide a pool into different courses

Circle swimming – Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane

Course – designated distance over which there is a competition

Disqualification (DQ) –when an official determines that a swimmer has violated NCAA rule, he may disqualify that swimmer. Typically, swimmers are disqualified for an illegal stroke, turn, or finish.

Dolphin Kick – the kick used in the butterfly stroke

Dry land Training – training done out of the water that aids and enhances swimming performance; usually includes stretching and calisthenics

False Start – moving once swimmers have been instructed to take their mark before the start is signaled. May result in a DQ.

Finish – the final phase of the race; the touch at the end of the race

Flags – backstroke flags placed 5 yards from the end of the pool. They enable backstrokers to execute a turn more efficiently by counting their strokes to the turn instead of turning around to look.

Flutter Kick – Kick in which the legs alternate, moving up and down.

Free Relay – four swimmers swim freestyle

Freestyle – one of the four basic individual and team swimming competitions. Uses the flutter kick and a windmill style arm stroke.

Pool Gutter – the area along the edge of the pool in which water overflows during a race and is recirculated through the filtration system

Heat – used to separate an event, when there are more swimmers than the number of available lanes.

Heat Sheet – a listing of all swimmers by event number, heat and lane assignments in the meet.

Invitational Meet – a meet hosted by one club who invites several other clubs to participate. Usually there is no limit on the number of swimmers that clubs can enter, but certain entry restrictions are usually applied. The number of entries for that event determines the number of heats.

Lap – 1 lap = 2 lengths of the pool

Lap Counter – a set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer, stationed at the opposite end of the start

Medley – a race in which all 4 basic competitive strokes are used, each for 1/4 of the total distance.

Relay – an event in which four individuals on each team swim either the same stroke or in prescribed order, one of the four different strokes. Each competitor swims one-quarter of the race distances.

Scratch – withdrawal of an entry from competition.

Set – a specific segment of a daily practice

Starter – the official at a meet responsible for starting each heat and calling the next to the block

Streamline – the position used to gain maximum distance during a start and/or push-off from the wall

Stroke Judge – a certified official who determines the legality of swimmers' strokes and disqualifies those who do not conform to the rules.

Touch Pad – the part of an electronic timing system that rests in the water at the finishing end of each lane. Times are recorded electronically as the pad is touched.

Warm Down – low intensity swimming used by swimmers after a race or main practice to rid the body of excess lactic acid and to gradually reduce heart rate and respiration.

Warm Up – the period before the start of each session set aside to allow swimmers to enter the pool to loosen up, practice turns, etc.



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Swim Team

YMCA SWIM SCHEDULE 2017-2018

AUGUST:

8/27—Swim practice begins for all groups

SEPTEMBER:

9/03—YMCA Closed NO PRACTICE

9/15—Team Activity YMCA 20th anniversary party 11-3:00

9/17—Team suit sizing day starts at 5:00pm

OCTOBER:

10/1—Team suit and Apparel order date!

10/6—Level 2 Official Training @ DANVILLE YMCA 9:00AM

10/13—Level 1 & Admin Official Training @ HOME 9-1:00, 2-6:00

10/20-21—Lynchburg Invitational* @ LYNCBURG YMCA

10/27—Team bonding event! Folklife Festival Ferrum College

10/30—Halloween Fun Day! Best Costume wins a prize!

NOVEMBER:

11/3—Home swim meet

11/10—Fall Fling Invitational* @ EDEN YMCA

11/17—Pilgrim Plunge* @ DANVILLE YMCA

11/19—Turkey Fun Day!

11/22—YMCA Closed Thanksgiving NO PRACTICE!

DECEMBER

12/1—Away swim meet @ DANVILLE YMCA

12/8—Splash Between the Lakes Invitational* @HOME

12/15—Away Meet @ BEDFORD YMCA

12/18—Team bonding event! Taco Tuesday @ El Rio!

12/24-25—YMCA Closed Christmas Eve & Christmas NO PRACTICE

JANUARY:

1/1—YMCA Closed New Year's Day NO PRACTICE

1/5-7—Lynchburg Winter Invitational*@ LYNCHBURG YMCA-Must have BB time or faster

1/12—Home Swim Meet

1/19—Martinsville Invitational* @ MARTINSVILLE YMCA

1/26—Home Swim Meet

FEBRUARY:

2/2—Long Distance Meet* @ BEDFORD YMCA

2/9—Home swim meet

2/12—Swim-a-thon Fundraiser!

2/14—Valentine's Fun Day!

MARCH:

3/1-3—Championship Swim Meet*@SALEM YMCA (Must swim 3 meets to be eligible) everyone should participate in our Championship swim meet!

3/14-17—Regional Swim Meet* @ TBD Must make a regional cut time to participate.



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Swim Team

Riptide Swim Team Practice Groups

The Riptide swim team has five different levels. This is so the Riptide swim team can provide a practice for all skills and levels of competition.

8 and Under

This group is for those younger swimmers who really need to focus on the foundations of swimming and for those who are new to competitive swimming. In this group they will learn the basics to all four competitive strokes, proper breath control, and body position. The main goal of this group is to give the swimmers everything they need to move on to the higher levels as they age up.

Age Group

Age group is for swimmers around the ages 8-13 who still need to mainly focus on technique and stamina. This group continues to build upon the foundations laid out by the 8 and under group. They start to learn better form and more complex techniques. While the main focus is technique this group is also introduced to strength and endurance training.

Senior

The senior group is for swimmers around the ages of 12-21. This group is about half technique and half hard training. This is perfect for those older swimmers looking to start swim team or those looking for something to keep them in shape. This group still covers a lot of technique and continues to add more complex drills and swims.

Age Group Elite and Senior Elite

Our elite groups are for those swimmers ages 9-21 that have experience in competitive swimming and are looking to take it farther. These swimmers have a great understanding of the strokes, starts, and turns. This group really focuses on the training aspect of practice. Speed, strength, endurance, race, dryland, core trainings are the main focus, while maintaining proper technique. Swimmers must meet certain criteria to be put in these groups.



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Swim Team

Riptide Swim Team Records

Age group - 8 and Under						
Boys	Time	Year	Event	Year	Time	Girls
Tyler Horine	16.8	2000	25 Free	1999	17.48	Kristen Montgomery
Tyler Horine	38.14	2000	50 Free	2014	38.43	Mallorie Teer
Tyler Horine	1:23.79	2000	100 Free	2014	1:43.92	Mallorie Teer
Gabriel Lester	21.8	2015	25 Back	2014	21.22	Reagan Stultz
Grayson Altice	49.7	2018	50 Back	2014	47.28	Mallorie Teer
			100 Back	2017	2:06.20	Addison Collins
Maddox Conley	24.23	2017	25 Breast	2014	24.08	Mallorie Teer
Maddox Conley	53.69	2017	50 Breast	2014	53.74	Mallorie Teer
			100 Breast			
Tyler Horine	19.3	2000	25 Fly	2000	22.49	Margaret Parcell
Tyler Horine	48.48	2000	50 Fly	2014	56.87	Mallorie Teer
			100 Fly			
Tyler Horine	1:41.64	2000	100 IM	2014	1:48.14	Mallorie Teer

Age Group - 9 & 10						
Boys	Time	Year	Event	Year	Time	Girls
Gabe Lester	30.67	2017	50 Free	2000	29.7	Sara Horine
Luke Juergen	1:06.31	2015	100 Free	2000	1:07.47	Sara Horine
Luke Juergen	2:25.56	2015	200 Free	2000	2:32.41	Sara Horine
Luke Juergen	6:42.86	2014	500 Free	2014	7:37.72	Allison Teer
			1650 Free			
Luke Juergen	36.22	2015	50 Back	2016	36.83	Mallorie Teer
Luke Juergen	1:18.10	2015	100 Back	2016	1:23.14	Mallorie Teer
			200 Back			
Luke Juergen	37.07	2015	50 Breast	2000	43.17	Sara Horine
Luke Juergen	1:23.13	2015	100 Breast	2000	1:32.37	Alex Melesco
			200 Breast			
Luke Juergen	33.06	2015	50 Fly	2014	37.34	Allison Teer

Luke Juergen	1:13.55	2015	100 Fly	2000	1:24.46	Sara Horine
			200 Fly			
Luke Juergen	1:15.01	2015	100 IM	2000	1:18.37	Sara Horine
Luke Juergen	2:40.04	2015	200 IM	2014	2:59.26	Allison Teer
			400 IM	2013	7:06.41	Allison Teer

Age Group - 11 & 12						
Boys	Time	Year	Event	Year	Time	Girls
Gabe lester	28.2	2018	50 Free	2000	26.81	Kym Wray
Reed Sells	1:01.55	2015	100 Free	2000	1:04.98	Kym Wray
Reed Sells	2:17.00	2015	200 Free	2000	2:23.79	Kym Wray
Gabe lester	6:14.51	2018	500 Free	2015	6:43.41	Caroline Turner
			1650 Free	2015	25:56.61	Madeline Pedersen
Mike Sampson	32.02	1999	50 Back	2018	32.39	Mallorie Teer
Mike Sampson	1:10.31	1999	100 Back	2018	1:09.57	Mallorie Teer
			200 Back	2018	2:31.01	Mallorie Teer
Ethan Dow	39.55	2017	50 Breast	2000	38.32	Kym Wray
Gabe Lester	1:23.94	2018	100 Breast	2000	1:24.61	Kym Wray
Landon Akers	3:19.53	2018	200 Breast	2018	3:11.24	Mallorie Teer
Reed Sells	31.72	2015	50 Fly	2000	32.28	Kym Wray
Reed Sells	1:10.75	2015	100 Fly	2018	1:17.91	Mallorie Teer
Reed Sells	2:59.16	2015	200 Fly	2016	3:08.03	Allison Teer
Gabe Lester	1:11.97	2018	100 IM	2000	1:12.20	Kym Wray
Reed Sells	2:36.57	2015	200 IM	2000	2:41.22	Kym Wray
Gabe Lester	5:57.47	2018	400 IM	2016	5:53.52	Allison Teer

Age Group - 13 & 14						
Boys	Time	Year	Event	Year	Time	Girls
Reed Sells	26.12	2015	50 Free	2017	28.13	Allison Teer
Fynn Juergen	56.8	2015	100 Free	2017	1:01.25	Allison Teer
Reed Sells	2:06.03	2016	200 Free	2017	2:15.82	Allison Teer
Reed Sells	5:44.46	2016	500 Free	2017	6:09.94	Allison Teer
Mike Sampson	21:18.36	2000	1650 Free	2000	23:49.39	Danielle Pendleton
Reed Sells	1:04.45	2015	100 Back	2017	1:11.13	Allison Teer
Reed Sells	2:22.51	2016	200 Back	2017	2:30.72	Allison Teer

Fynn Juergen	1:17.04	2015	100 Breast	2017	1:22.93	Allison Teer
Fynn Juergen	2:54.00	2015	200 Breast	2018	3:02.01	Allison Teer
Reed Sells	1:03.34	2015	100 Fly	2017	1:11.62	Allison Teer
Reed Sells	2:27.01	2016	200 Fly	2017	2:44.91	Allison Teer
Reed Sells	2:26.39	2016	200 IM	2017	2:34.32	Allison Teer
Levi Wright	7:12.14	2017	400 IM	2017	5:23.18	Allison Teer

Age Group - 15 & Up						
Boys	Time	Year	Event	Year	Time	Girls
Chris Sampson	23.77	2000	50 Free	2016	27.77	Hannah Sells
Chris Sampson	53.64	2000	100 Free	2015	1:00.02	Hannah Sells
Chris Sampson	2:03.92	2000	200 Free	2016	2:11.49	Hannah Sells
Chris Sampson	5:38.73	2000	500 Free	2015	6:33.84	Hannah Sells
Chris Sampson	21:03.73	2000	1650 Free			
Chris Sampson	1:01.18	2000	100 Back	2015	1:09.78	Hannah Sells
Brendan Dow	2:18.99	2017	200 Back	2015	2:32.43	Hannah Sells
Brendan Dow	1:16.51	2017	100 Breast	2000	1:24.48	Abby Kasperbauer
Fynn Juergen	2:54.00	2015	200 Breast	2010	2:47.57	Caitlin Hoch
Brendan Dow	1:04.48	2017	100 Fly	2015	1:09.53	Hannah Sells
Brendan Dow	2:36.04	2017	200 Fly			
Brendan Dow	2:26.09	2017	200 IM	2015	2:40.34	Hannah Sells
Brendan Dow	5:22.23	2017	400 IM	2014	6:14.33	Hannah Sells



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Team

T-Shirt Form

Child's Name_____

Child's shirt size: YS YM YL AS AM AL XL XXL

Extra shirts will cost \$10.00 per shirt

Do you want any extra shirts? Yes No

If yes, how many and what size?
