

Coaching Staff



Head Coach Daniel Yancy & Assistant Coach Mike Irish

The Water Dawgs coaching staff has over 35 years of coaching experience, ranging from beginner to Olympic trial qualifiers. The staff has mentored many State, High School, and zone champions. The coaches are also knowledgeable in training, nutrition, psychology and the most up-to-date swimming techniques. In addition, the coaching staff are equip to work with masters' fitness and triathlon swimmers.

Contact our coaches today!

swimcoach@ywcabrunswickga.org

YWCA Mission

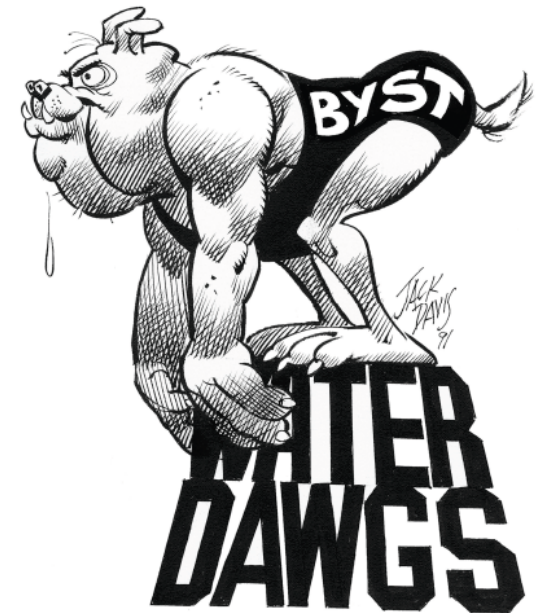
YWCA of Brunswick is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all.

eliminating racism
empowering women
ywca

YWCA of Brunswick
144 Scranton Connector Brunswick, GA 31525
(912) 265-4100 FAX (912) 265-8059
www.ywcabrunswickga.org

A United Way Agency

YWCA of Brunswick Swim Team



**Water Dawgs
2009-2010**



YWCA of Brunswick Swim Team 2009-2010

Effective September 1, 2009



Swim Team Program

The Water Dawgs (BYST) Swim Team is a competitive, year-round program designed to provide any swimmer the opportunity to swim at the level he or she desires. Competitive swimming can improve self-esteem, develop and build character, enhance life skills, and provide life-long activities within the structure of the USA Swimming.

The Water Dawgs team is divided into five groups based on swimmer's age, ability and competition level. Although competition is not mandatory, it is strongly encouraged. Each swimmer must be a YWCA member and pay the USA Swimming registration fee of \$61. Fee due by September 1, 2009. Participants that join team after September 1st will be required to pay registration fee at time of enrollment. The swim coach will submit registration.

Please contact the YWCA for more information, 265-4100.

Join us Today!

Water Dawgs Groups

Water Pups

Ages: 5 and Older

Swim 50 yards freestyle non-stop

Swim 50 yards backstroke non-stop

Attend 2 practices a week

Practice: Tues. & Thurs. 3:15 p.m. - 4:00 p.m.

Dues: \$40 a month

Junior B

Ages: 6 and Older

Swim 100 yards freestyle with flip turns

Swim 50 yards backstroke non-stop

Five minute continuous swim

Attend 3 of 5 practices a week

Practice: Mon. - Fri. 5:30 p.m. - 6:30 p.m.

Dues: \$70 a month

Junior A

Ages: 8 and Older

Swim a legal 100 IM 1:34.39

Complete a timed fifteen minute swim

Attend 3 of 5 practices a week

Practice: Mon. - Fri. 4:00 p.m. - 5:30 p.m.

Dues: \$80 a month

Water Dawgs Groups

Senior B

Ages: 12 and Older

Swim a legal 200 IM with proper turns

Complete 6 x 50 of each free, back, fly breast

Complete a timed 30 minute swim

Compete in at least 1 meet

Attend 4 of 6 practices a week

Practice: Mon.-Fri. 4:00 p.m.- 6:30 p.m.

Sat. 7:30 a.m.- 10:00 a.m.

Dues: \$90 a month

Senior A

Ages: 14 and Older

Complete 4 x 400 IM on 6:00

Complete a timed 30 minute swim w/improvement

Achieved a Zone qualifying time or faster

Attend ALL practices

Practice: T-TH. 5:45 a.m. - 7:15 a.m.

Mon. - Fri. 4:00 p.m. - 6:30 p.m.

Sat. 7:30 a.m. - 10:00 a.m.

Dues: \$100 a month

Fees must be drafted or paid in full annually.
One month free with annual payment.

YWCA Swim Lessons

The YWCA Swim Lesson Program may be the starting point for entering the world of competitive swimming. The program provides participants with the basic techniques that will aid in stroke development, water rescue and safety, and water activities that everyone can enjoy for a lifetime! Classes are available for all ages. For more information contact the YWCA or visit www.ywcabrunswickga.org